

PHYSICK

FOR

Families.

OR,

The new, Safe and Powerful way
of PHYSICK, upon constant
proof Established;

Enabling every one, at Sea or Land, By the
Medicines herein mentioned, to cure
themselves, their Friends and Relations,
In all Distempers and Diseases.

Without any the trouble, hazzard, pain or danger
Of Purgers, Vomiters, Bleedings, Issues, Glisters,
Blisters, Opium, Antimony and Quicksilver, so
full of perplexity in Sicknefs.

By *William Walwyn* Physitian.

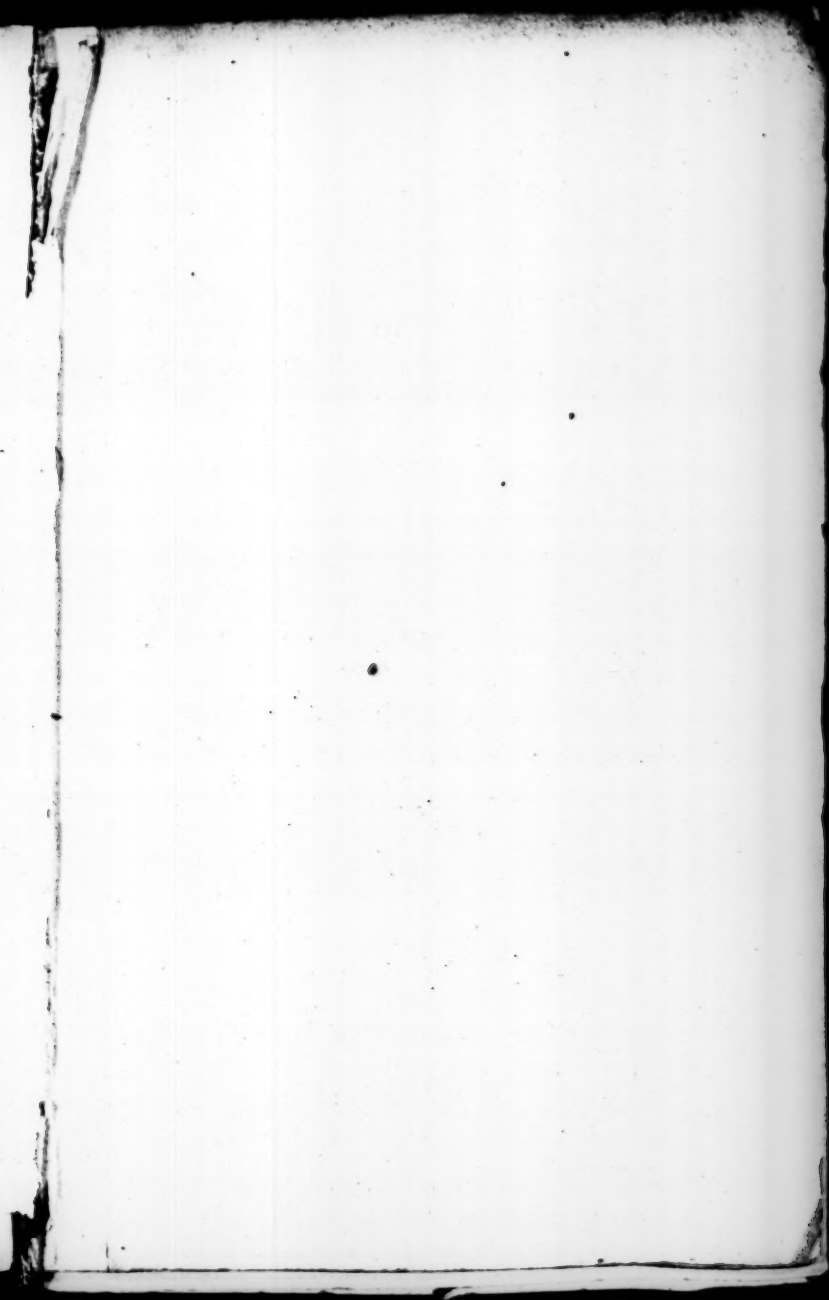
L O N D O N,

Printed, by J. R. and are to be Sold by the
Author. 1696.

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William Walwyn.
Etatis Suae 80.

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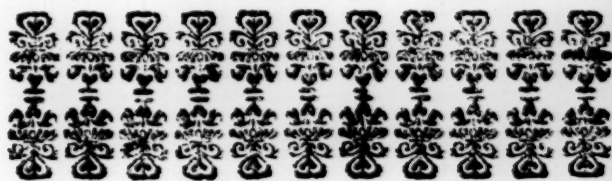
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To the
R E A D E R.

B*Y how much any Science or part of Learning, is more subservient to the benefit of Mankind, than another ; by so much doth it deserve to be more improved, cultivated and advanced. And next to that knowledge which teacheth us how to live unto, and arrive at the happy enjoyment of God, that which conduceth or lyeth in an usefulness to preserve or restore our Health, is most to be*

To the Reader.

valued. For besides that pains and Sickness deprive us of the relish and gust of all the comforts of Life, our very minds become thereby enfeebled to all great and generous exercises because of that dependance which they have upon the Body in their very rational actions. Which may serve to lessen our admiration, when we find the Heathen World Deifying the Authors and Inventors of Physick. For while they enrolled those in the number of their Gods, who first taught mankind any profitable Art or Trade, it was but a piece of congruity and gratitude to Sacrifice to Æsculapius as a principal Deity. And tho' we can not but blame their folly and excess in advancing him to be an object of Worship and Veneration, yet we do
ac-

To the Reader.

acknowledge that such ought to be distinguished from the rest of mankind, by an extraordinary respect pay'd to their memories. Nor can we without undervaluing the benefit which we receive by the labours and means of Physitians, envy them the honour and profit, which they possess in all places, where merit is either respected or rewarded. And if they who practice with any success upon the meer motions and alone prescriptions of others, meet with a due esteem and a suitable recompence, how much are we indebted to those who have taught common Artists the means of benefiting others and enriching themselves. And if the improvers of ancient Methods of Physick, are entertained with applauses, proportionable

To the Reader.

to the light and help they have furnished us with, for the better preserving and restoring of Health, what obligations are upon us to them, who have endeavoured to introduce a new, as well as a more safe, friendly, and effectual way both of Fortifying and Relieving us, against all maladies and distempers. And as this worthy Author was wonderfully adapted hereunto, by an extraordinary strength of natural Parts, and a close art of thinking; so he became so happy as to succeed, beyond all imagination, in what he had projected and proposed unto himself. And as the inducements upon which he abandon'd the antient methods, will be found weighty and urgent, so the Rules by which he undertakes to make an estimate of
Medi.

To the Reader.

Medicines, in the establishing a new course of practicing, will be found solid, just and rational. And if the true Test of Medicines be their amicable-ness to all Constitutions, and their powerfulness against all Distempers, those which this Author recommendeth unto us, have an uncontrollable probatum est upon them. For as they have nothing in them that doth either torture or nauseate the Patient, so they have proved effectual in innumerable cases, wherein all other means have wofully failed. By their gratefulness both to the Senses, and the Animal Spirits; they invite as well as assist all the powers of Nature to relieve themselves, and withstand the Diseases; and by the spriteliness and subtlety of their temper, they

To the Reader.

*they penetrate into those recesses,
where the roots of distempers doth
usually lodg, and into which the com-
mon, dull and earthly preparations
can in no wise reach.*

All

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PHYSICK,

FOR

Families.

THough of all the Natural Sciences, that of *Physick*, and therein, the Medicinal part is of most Concernment to Humane Happiness: yet is there hardly any Art, Science or Mystery, whether for Delight, Convenience or Necessity, but what hath gotten the start thereof, by many degrees, of real Improvement; Whilst *Physick*, the chief of Arts, instituted for the preservation of Man's health, without which, all his felicity

in a moment is turned into gall and bitterness; hath so little to glory in that notwithstanding infinite endeavours of the studious, with the utmost help of Chymistry; the most skilful do ingenuously confess, They believe the far better part rests still undiscovered.

A Truth too evident, and the sad causes thereof, too manifest to be doubted; yet so accompanied with unpleasing reflections, both upon the Speculative, Inventive and Practick part, that I willingly decline all repetition of whatsoever upon my enquiry fell into observation.

Onely as to the most important, and which render'd the whole Fabrick craz'd and tottering: I must needs say, That to my Apprehension, the aims of the Studious, Inquisitive after the Conservation or Restauration of *Man*, the sole Subject of Physick, had not been taken aright, nor in due measure proportioned to so peculiar and so refin'd a Being.

For,

For, permitting my understanding its free course throughout the Wilderness of Physical Notions; at length my thoughts thus fixed: That the Original constitution of Humane Nature, being at first but One, however since deviated into various Temperatures and Complexions; and being far more sublimed, than any other Creature on Earth, to render his Body a fit Instrument for his Divine contemplation and, discursive Soul. The whole mass of assistants assigned by this Art, for his supportation or recovery, appeared either so weak and impotent; or else so coarse, casual, violent and dangerous; as seemed very unsuitable to so sublime a Nature.

Upon which, I conceived it undeniably requisite, that all provisions and preparations designed for help of Mankind, ought in special manner, both in purity, efficacy and pregnancy, to hold due and just proportion to the peculiarity of the true Humane Temperature or constitution: and that all

administrations of a gross, impure, or improper, unbenign nature, must needs produce cross and perverse effects ; and could not but be the main occasion of the manifold failings and miscarriages so frequently and apparently discernable in Physick.

With which conclusion being very much satisfied ; my hopes soon led me into persuasions of a possibility of raising new aids both to Diet and Medicine, so refined, and so suited to the true Humane Constitution, and so appropriate to distinct Infirmities, Distempers, and Diseases ; that, administr'd in any case, and to any complexion, though never so far distant from the original : should really intend its reduction, and without any disturbance of Nature, by Loosners, Vomitors, Bleedings, Issues, Shaving the head, Clusters, Blisters ; and without Minerals, or any hazardous or nauseous Ingredients ; might rationally be relyed on in all extremities : And this solely from their powerfull friendliness to Humane Nature, and efficacious

cacious virtue in extinguishing the venomous causes of Diseases.

In pursuance whereof, depending very much upon my palate, long exercised in determining of Virtues, (by which, Compounds, as well as Simples, became equally liable to my assistance;) and pressed thereunto by an express propensity in Nature: In process of time I proved so successful in choice of materials, and in heightning and uniting of their virtues; as by degrees to raise a large variety of so kindly and so powerful Medicines, That not onely have approved themselves serviceable to the Healthful in Diet and Refreshment; and to the weakest women and children in manifold infirmities: but in greatest extremities (all other means failing) have frequently been prevalent, beyond all hope or expectation; and this too (according to my aims) without any outward Violence or inward Disturbance of the body, either by Vomitors, Loosners, Minerals, or any other Disturbers of Nature.

Infomuch that their various, weighty and remarkable performances have long time represented their peculiar qualifications, as so many evident marks and characters of Real Medicine, whereby to distinguish such as are (from such as are not) to be trusted in cure, or fit for Humane Constitutions.

And to my own particular; ever since I understood them, they have served me as a real Test or *Touchstone* of Medicine, using no other, for any that rely on me in any occasion, but Medicines of their qualities ; wherein having been successful, to my own satisfaction, and others approbation ; I have thence entertained some apprehensions, that it could not be taken amiss, but rather as a fair progress towards the Arts Improvement, to publish these Marks and Characters, as a competent *Touchstone* for probation of Medicine in general ; especially of my own ; and thereby possibly come to be somewhat better understood, as to my Physical Conceptions, than hitherto I have been ;
some

some having been over forward to imagine, all I aimed at, or had attained, amounted to no more, but onely some pleasant preparations and productions, serving merely for refreshment and Recreation, without any material effect or prevalency upon Distempers and Diseases. Whether it be so or not, and how far they are mistaken, who thus censure, the whole Discourse will plainly evince: and haply may prove a safe and sure Guide to distressed Patients, what kind of Medicines to avoid, and what to embrace, in any their necessities.

*The Marks and Characters, with their
Grounds or Reasons annexed, are as
followeth.*

AS, First, I conceive, a benign kindly Medicine ought to be *Liquid*: and this, for avoiding that difficulty and disturbance incident in the digestion of those of grosser substances; and likewise for the evil consequence of

their remaining earthy parts in the coats, films and crevices both of the stomach and bowels, which generally so clog and tire the natural faculties to expell them ; as in stead of that quiet and ready help requisite in Sickness, makes Nature a new and tedious work in their avoidance ; as whoever notes shall find in a sad dejection of Spirit when they have done their best. Whereas things *Liquid*, if milde, disturb no part, puts Nature to no stress in ordering them to its best advantage, nor leaves any remains for after Inconveniences : but through their gentle Vivacity, and insinuatvie Virtues, (like the Waters of Life) immediately prosecute the prime End for which they were taken.

II. I conceive they ought not onely to be *Liquid*, but *transparently clear and pure, exempt from all grossness of residence or taint of rankness*. It being possible to have liquid things as bright and clear as Chyстал, which yet in smell no carrion ever exceeded in noysomness ; a tang
where-

whereof, any one that notes will find, in most of what is used for refreshment or for Relief, in first Illness, Which should be heedfully avoided, because by things course, rank, or tainted, the whole source of Blood and Spirits become insensibly to be corrupted; all faculties debilitated; and the best and strongest constitutions, by degrees, betrayed into the worst distempers; therefore, like Virtues descending from above, they ought to be immaculately clear and pure.

III. Such Medicines as may be trusted in cure, I conceive, ought, as much as is possible, to be *Pleasant*, and to suffice in *small quantity*; that they may not in the least be burdensom, but at first touch appear like true and chearfull friends, that make the distressed heart leap for joy; no sooner tasted, but Nature bids them welcom, and easily disposes them to their proper service. *Bonum & jucundum, as in Divine benedictions, being never to be separated in Physick.*

IV. Such

IV. Such Medicines with the precedent qualities, ought especially to be highly virtuous and powerfull, and which at first taste, by their lively, sprightly, yet milde, quickness, should evidently appear such stout, long-breath'd valiant Champions, as are thoroughly qualified to tug, grapple with, and subdue the most violent, venomous, pestilential enemies of Mans Health and happiness: And yet withal so milde, gentle and manageable, (like our blessed Lamb and Lion couched together) as **C**hildren in greatest weakness may partake with safety; and for assurance that they are such, the prescribers, if desired, are to take the like quantity in sight of the Patient or Relations, for the more undoubted assurance of its innocence, and that it partakes not of any hazardous ingredient.

V. Such Medicines as may comfortably be relyed on in cure and in cases of extremity ought to be so truly friendly to Humanenature that if taken by man, woman or child, in health, shall no
ways

ways move their bodies, but shall nourish and strengthen them : and yet if any in sickness, the very same Medicines, taken in the same quantity, shall in due time either open or bind, vomit or stop vomiting, sweat or restrain sweating, give sleep or abate excessive sleeping ; as the instant necessity of the body most requireth, or most conduceth to recovery. And this, as the most distinguishing character, I conceive, is most to be noted by the Ingenious, and to be insisted on : For how can that possibly appear truly to deserve the Name of a Medicine, or real helper of the sick, or be rationally deem'd to work upon a distemper ; which, if given to a well person, shall either bind or loosen him, vomit, or sweat, or lay him asleep, even as it doth those who are sick ? and which if given to never so sound a person in larger quantity, shall purge him, or vomit him into his grave, sweat out his last breath, or sleep him past ever waking to this life ; which are the known qualities of most things given in Sickness : So as
with

with much more likelihood they might be stiled Disturbers of Nature, (for how else do they thus work upon the healthful?) rather than Medicines and friendly Helpers, whose good qualities are with tenderness to cherish and retain all that's good in the body, and without the hazardous violences of Purgers, Vomiters, Bleedings, Issues, Shaving the head, Clusters, or Blisters; and without Minerals, or other nauseous or dangerous Ingredients, to exclude only what is evil; and not, *Bedlam*-like, turn good to bad, and then madly throw out all together; which are the properties not of Heavenly and peaceable, but of Infernal wrathful Spirits.

VI. And lastly, Such Medicines as may be justly relyed on in cure, that they may be known to be compleat, ought not to be perishable Commodities, which argues such defects, as render them unlikely to hold out upon a long march; being apt to tire, grow faint, sick, weak and heartless, before, or when they come in sight of, or near the enemy,

my, therefore they ought not to want this sure Mark, (Close stop) to keep Good for Years (in all Climates) and in full strength & vigour without any the least diminution; which is no small assurance of their real virtue and efficacy. Then having all the other precedent qualities conjoyned in every Medicine; and a large variety of them, (variety being singularly useful) you have Medicines most Masculine and Heroick; such as may confidently be relied on for Cure, and be easily distinguished from those which are hazardous, or dangerous.

All which being neither difficult to remember; nor hard to be understood; and such as cannot be denyed to be both pertinent and sufficient for proof and assurance of Medicine: Admi patients and all the Ingenious every where should henceforth hold Practitioners strictly to these Characters; accepting or refusing, accordingly: what a mighty Improvement would it soon occasion

sion in Physick : By necessarily enforcing all Students and Practitioners, to set themselves to that which the Noble *Hippocrates* made the chief Character of a Physitian worthy Estimation Viz. *By Study and his own Industry, to bring to light something that was not known before, and better known than unknown, or at least to perfect something that was imperfect before.*

And then as Excellencies for real use in Physick could not but every where abound ; so would such a Test established, naturally tend to the fixation of this too much uncertain Art ; put a period to the many Contrarieties and Contradictions of Practitioners, be an occasion of less harm and danger, of more pertinency, certainty, and security in Cure : and abundantly more enable them to perform with Comfort the infinite trust reposed in them ; especially by their more Ingenuous Patients in their extremities.

These

These are the Marks and Characters conceived requisite for the test of Medicine ; and the desirable Advantages which in good probability would ensue upon such an establishment.

Nor need any to be startled from the free use of my Medicines by any supposed difficulty arising from the various differences of complexions, and variety of Diseases.

For since Humane nature, rightly apprehended, is but *one*. And that every of my Medicines are proportioned thereunto ; well may they reduce the excesses and defects of complexions into better temper (it being their proper office so to doe) but are not liable to be frustrated in their vertues and operations, by any of the preternatural irregularities of constitutions.

And as to the variety of diseases, it being a known truth, that all diseases are comprised under certain tribes or heads, and those not many :
when

when any disease is proposed for cure, though never so confused, or such as the most critical pretenders unto skill, can give no name to; (divers of which have happily past through my care :) in such cases it is but seriously noting unto which tribe the main disturber belongeth, and what touches of other tribes, the under-troublers have; and then it will be easie to discern with what Medicines they are to be attempted.

And indeed as where the Iron is hard, the more strength is to be added, so where obstinacies and difficulties in cure do appear, there is but one rule to be observed in answer to both objections, and that is to follow Patients with more frequent addresses, and larger Doses of appropriate Medicines, especially in the highest violence of fits; and then neither Physitian nor patient need to fear a comfortable issue; provided also, that a strict guard be kept upon many particulars which are apt

to destroy proceedings ; chiefly against the admission of a sort of Artists, who finding this new way *unshrines their Grecian Idol* ; will be visiting and censuring, and interposing such insinuations, as, if hearkned to, shall frustrate the most hopeful endeavors.

These carefully with-held, be sure to excuse the sick from over great and busie talkers, offerers of casual, trifling Medicines, sad, sighing, and dejected visitants ; to with-hold all unkindness ; gently perswading from all rash adventures upon wine ; unusual doubtfull diet, hot waters, eagerness for drink, and too much thoughtfulness ; but by friendliness, keep them in all quietness, and hopefulness, without any the *least* shew of fearing their dissolution ; which (with what else prudence, upon the place may advise) heedfully observed, hardly could any distemper resist this powerfull way of Physick : It being for want of *wisdom*, as much in *sickness* as

in *health*, that the *days of man*, are frequently shortned.

And which I thus particularly have urged, being earnestly desirous to infuse such thoughts into all those who either for themselves, or others, ingage in this way, as may preserve unto them the full and complete benefit of my Medicines, without being deprived thereof by any *error, weakness, subtilty, willfullness, or superstition of Visitants or attendants*; through which the sick, frequently, and dangerously suffer.

Withal, I conceive it very requisite, that two at least of the *nearest Relations to the sick*: be fully satisfied of the safety and hopefulnes of this way, before any the least proceeding be therein; without which there can never be any comfortable perseverance, nor good success to be expected.

And now that I have thus cautioned my observers; I conceive it requisite to represent unto them the manifold

fold troubles, hazzards and dangers, from which by this new discovery (in times of sickness) they are delivered; together with the important Reasons which induced me finally to reject all those disturbers mentioned in the Title; not without some hope, in time, of seeing them also excluded out of all practise, to the perpetual security, ease, and quiet of all Patients whatsoever.

As first Glisters.

Which how innocent and harmless soever they are deemed, are nevertheless attended with more trouble and danger than is considered; for besides their pressing over-hard upon the modesty of the more bashful natures, and so disturbing their mindes, by the odd position and distastful handling of the body: They also expose very much to the taking and increasing of Colds; and exceedingly disorder when sleep and quietness are most desirable. But how they amaze with

fears, when they one after another work not at all ; as often it befalls to extream prejudice; and how dreadfully they affright when they work too much ; As sometimes they do, to great extremity, doth deserve serious consideration : especially since in their mildest working, the state of the body and distemper may be such, as they may prove no less than mortal, by diverting and withdrawing the spirits from their more needful combating the venomous cause of the disease, to this needless operation ; and consequently leaving nature destitute in her greatest conflict and extremity ; nor is the very manual part, how slight soever the most make of it altogether free, from the most feared effect, it having been known, where a small error in the hand administering, hath occasioned an incurable ulcer, as also hath done the breaking of the pipe, that could never be gotten out of the body so long as life continued ; And therefore all circumstances-

cumstances duly weighed, it must be deemed a very great advantage to understand the use of such Medicines as bring an absolute freedom from all those troubles, hazards, and mortal inconveniencies.

After Glisters ; the next sore afflicter of the Sick is generally,

Bleeding.

A practise, not so frequent in former, as in later times, and both highly commended, and deeply condemned, by persons equally learned ; so that in this, their trumpet gives an uncertain sound ; and some who are famous upon record, esteemed it the most proper work of worthy Physitians to rectifie, rather than draw and waist it in times of sickness, when nature most needeth its assistance ; of which cautious judgment also seem the *Chineses* and *Banian* Physitians. But latter Artists and operators are at that pass, as if they made

little more of it, than drawing of their breaths, and so they smoothly term it, but breathing of a vein, though with their favour, it be not so easily recruited ; And besides that, the sad bleeders many times breath their last by it, or sink, and fall soon after it.

And truly, though those who usually order it, seldom make the observation, yet for the most part the persons concerned and their Relations, cast but a dismal eye thereupon, and address themselves thereunto with much dismay and trembling, (oftentimes swooning away under the bleeders hands) as a thing of much uncertainty, and overmuch danger, the event frequently so proving, not any one proceeding in Physick being more complained of, nor any whereunto the failing of Patients is more imputed, and that with Justice too ; for what worse can befall afflicted Patients, over-born, and oppressed with the violent assaults of venomous Distempers,
than

than to have their main forces, their Spirits drawn off from making those needful defences, whereunto by nature they are assigned; and upon which it most dependeth for her preservation.

And what wonder is it, if soon after a little flattery and shadow of relief, sudden dejections immediately follow, and sickness (upon nature thus betrayed) prevail beyond all possibility of recovery, as, were Records kept thereof, would be sadly seen in every weeks experience.

And as it is but a small relief, to shew how many recover after bleeding, the course in it self being so hazardous, and often mortal; so, as little comfort it is to shew the ill or rather odd colours of the cooled and congealed blood, which is known to be but fallacious trifling, to amuse bewailing and disconsolate Relations; neither goodness nor badness, being at all ascertained thereby.

And be it how it will, is generally the best friend the body hath, and therefore never to be separated ; nor indeed is ever needfull where such Medicines are in a readines, as are effectually qualified for extinguishing the venomous causes of Diseases ; and for purifying and rectifying, both of the blood and Spirits, wherein chiefly consisteth the worth or ability, of Judicious Physitians, and the reality and excellency of prevalent Medicines.

And without which, upon every exigence, there is such hurrying, starting and puthering, one while with a glister, then with bleeding, sometimes the Arm, the Tongue, or other parts ; and these suddenly again repeated, to the extream affrightment of the afflicted Patient, and all the drooping Relations ; and all this upon meer casual uncertain Grounds, as to what the issue may be, or whether conducing to life or death ; a hazard of a strange nature, for Patients to adventure

ture, the parting with, and loss both of their blood and spirits, (upon which death so often follows) when the Physician runs none at all, no not so much as of his fees : *Sesundum Artem*, excusing even to the utmost scruple of reputation, though hardly of conscience ; which possibly may yet often suggest, that they ought to have been provided, and to have plyed those, who highly trusted them, with such really powerfull and benign Medicines, as they cannot but have heard, and been assured to have discharged the most violent venomous Distempers, without this unmerciful experiment of bleeding ; which also in the very action, through a small miscarriage in the hand, pricking a nerve, hath lost the use of an arm or hand, and sometimes through an ensuing Gangrene proved utterly destructive.

Why therefore, all these particulars considered, this bleeding or bloody practise, should longer continue in repute

pute, especially since so pregnant instances, are so generally discovered, viz. That after the many times bleeding of some persons; the last fits of their Distempers, immediately before death were, without any mitigation, by all that wast of Blood, as vehement and rigorous, as in any time of their sickness; which instances, in reason ought to remind every conscionable Physician, and every prudent Patient of this important truth; That it is not, this uncertain and uncomfortable course of bleeding, but the reality of kindly and powerfull Medicines, (that under God) is most hopefully to be relied on; for cure in all extremities.

After Bleeding, in the usual way, soon followeth,

Purgings.

But very ill deserving that plausible Title; most of that mass of filthy matter which it forceth out of the
body

body being made by its own venomous qualities, and so in former times was deemed *more* an enemy than a friend in all its loosening operations, as working meerly by violence, and by disturbance of nature; and that, much alike upon the healthy as upon the sick, and so could not be said to work upon the Disease directly, but at random upon the body, and most often to its prejudice.

Advising accordingly, that for discharging of crudities, (the causers of many diseases) recourse should be had to a moderate Exercise and Recreation, rather than to purgative Medicines; and this, because not only of their painfulness (their efficacy being contrary to nature, and for the most part venomous) but also for that they are apt to root their poysonous qualities in the body, and withal divert and draw away from the members those kindly juices, which the powers of Nature require for their nourishment

ment and subsistence ; yea and the vital spirits also, which maintain and comfort life.

Thus hath this mischievous loosening way of Physick been frequently and rationally condemned. But if this be not thought sufficient to extinguish its unhappy use, let but every one concerned refer to their own observation, and without partiality note with what uncertainty these looseners perform their office.

As sometimes when but three or four stooles are only expected, eight ten, nay twenty are given ; and those frequently with so much loathing to the taste, offensive nastiness to the nostril, and to the brain, of Patients and all about them, as also with such extremity of pains and gripings as are most intolerable. Other times give never so many Potions, Pills, Powders, Boluses or Electuaries, of these loosening qualities, yet shall they not work at all, to the terror of both Physitian
and

and Patient, though otherwhiles they run out into such violences as are never stay'd, but with the death of the taker.

And when working most kindly, and never so much ugly odd coloured stuff carried out, yet the Disease not one jot abated, though the Patient be thereby extreamly weakned, scarce able to stand; the body also dreyned and robbed of almost all its radical moisture, becomes much more apt to obstinate obstructions, and so necessarily calls for more of such-like miserable helpers, which by frequent use pervert the best constitution, sow the seed of new Diseases, and confound the whole course of Nature; and from whence arise Scurvies, Dropsies, Jaundies, Agues, Worms, Convulsions, and all manner of Diseases.

And yet, that this should be continued in perpetual Practise upon so very many and great disadvantages, perplexities and dangers meerly upon uncertainty,

certainty, and be justified by practicers, be the event never so sad and dismal ; this indeed is very mysterious, and too too like the mystery of——

For who now adays remains so ignorant, as not to know that *Disease* is a more lively active thing, than to reside amongst such muddy matter as these purgers can possibly reach ; being indeed of a more *sprightly and subtle nature*, than to be discovered by the eye, hand, or knife of the most skillful Anatomists, and only liable to the Disquisition of Reason, and an ingenious intimate conception ; and so not to be attempted by such blusters, but by Medicines issuing from the same *Rational fountain* ; such, as by their efficacious friendliness to nature, with quietness and safety, extinguish venomes, and enable her in all her faculties, towards the clear discharge of all Distempers, and the reliques thereof.

And such, being to be had, and always

ways plenteously in readines; as herein appeareth, one would think it should not be difficult to perswade Physicians, or at least, Patients to make an exchange, where the differences of operation, and hopefulness of cure, are so plainly manifest.

Now if purging (as they call it) be thus justly chargeable with so many evils and mischiefs, what can be said in behalf of.

Vomiting.

The most Rugged, Churlish and Cruel of Physicks; tearing and rending, and torturing both stomach, bowels, heart, brain, lungs, and throat in so hideous a manner, as hardly any corporal punishment can be imagined to exceed it in pain or misery.

And yet though often reiterated, as frequently befalls in many distempers to intolerable torment, is nevertheless so uncertain in its effects, as
that

that no relief, with any certainty can be promised thereby, but fills distressed Patients one while with distracted fears, when it worketh not, and when it doth, with greater fears of working too much; There being sad examples of both, *viz.* where they have stayed in the body without any expected operation, and so destroyed the Patient; and also where their working hath been so violent, and so continual, as hath never ceased, but with the expiration of the sick.

And where these extreams have not been, yet the failing of both men, women, and children, is so frequently ascribed to vomits, that it's wonderful they are not excluded quite out of all use and Practise.

Besides, where minerals are the main Agents in this unhappy work, it is incredible how mischievous their present tortures, and after worse inconveniences have proved, conveying and entailing most horrid pains,
and

and distempers, from Generation to Generation, to all posterity, without hope of remedy; which, though in process of time, are adjudged to proceed either from the Scurvy, or foul-disease, and to end in Consumptions or Kings-evil; yet driving the inquiry back to its root, Generally it hath been found that the original cause hath much more justly been imputed to unwholsome Purgers, or Vomitters, taken in Physick.

And when with their violence, they have thrown up never so great a quantity of ugly Ropy-stuff, which is often shewed to Patients and Friends, as if now the Disease must needs be wrought upon, and near its extirpation, it truly proveth no more, but the venemous nature of the Medicine; The Disease for the most part rather advancing than retreating, and receiving rather an addition of strength than any mitigation, from such mischievous helpers.

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Seeing

Seeing then, that thus it is with vomits in general, though sometimes a desirable effect may follow ; yet since whatever they do , they do it not through any benignity, but by disturbance, and the consequence being certainly dangerous, why should so troublesome a mischief-working-operation, be any longer retained in practise, or be imposed as necessary upon distressed Patients in time of sickness ? and not rather gladly be remitted, for such truly-vertuous Medicines, as through their powerful friendliness to Humane Nature, being taken into the body, perform with ease and safety, only what the present necessity of the body requireth ; so as if the Disease be such as needeth the emptying of the Stomach, throweth up, or carrieth downwards, so much, and no more but what is requisite for promoting the most speedy recovery, without any possibility of any after-inconvenience, as hath been the constant prevalence

valence of thoſe real Medicines here-
in propoſed, and in reaſon merits the
ſerious thoughts of the ingenious, be-
fore they are farther ingaged in ways
ſo uncertain and dangerous, though
of never ſo long continuance.

The next preſcription in Phyſick is
commonly,

Sweating.

Which is attempted, either with the
vulgar Waters, Powders, and Electu-
aries, or elſe with mineral preparati-
ons, and had it not been for the known
uncertainty and deficiency of the for-
mer, doubtleſs no recourſe had been
unto the latter.

Which inſtead of proving a ſure
help in time of need, have generally
treated the diſtreſſed with like adula-
tion, as hers, who cut the locks or
ſtruck a nail into the Temple, fre-
quently out-ſweating all the powers
of Nature, or running out madly into

salivation or perpetual spitting, which are the ordinary extravagant effects of Quicksilver and Antimony, though under the most boasted preparations, and whereof there are so many sad stories, as need a veil to cover their mischievous treacheries, and are more than enough, if but a little hearkned after, to induce all rational persons, for ever to renounce, both the Giving, and the Taking of them into their bodies upon any occasion whatsoever.

Yet if there be any, who nevertheless, will still retain a confidence of the safety of their preparations, see them take them themselves before you take them, and then you have some assurance for your great adventure.

But for me, who deem it irrational, that any thing should be given to the sick, which is not safe and good for the healthful; and who am undoubtedly assured that there are Medicines as securely to be used in all Cases as milk

to children, which yet in the most desperate cases are full as speedy, as ever was pretended from those, so extremely hazardous and dangerous Minerals, and that too with little or no sweating at all, but ever without exhausting the Spirits, drying, or binding of the body, or any other after inconveniences, having alwayes in readiness plenty of such, and approved for such by constant performances. I hope I may pass without blame, though I retain my judgement, and press thus earnestly for an exchange, where the advantage on every side is so manifestly weighty and material.

The next sore troubler of the sick, are *vesicatories*, or raisers of small and great,

Blisters.

By irksom fretting, if not venemous plaisters; sometimes flaying off all the skin from the backs, otherwhiles the shoulders, legs, or wrists, the neck,

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head,

head, &c. to extream torments, especially when those raw places are rubb'd and irritated ; for diversion of venomous inflammations (as is ever pretended) Hideous Curses and Execrations, having been noted the dreadful effects of such cruelties ; of which kind also are the use of cupping-glasses, drawing of silk through the neck-skin ; leeches, and issues ; all full of pain, hazard, and danger, and as the event proveth frequently fruitless, as to the removal of any Distemper ; and are wholly needless where *real Medicines* are in being, and must henceforth be accompted the more intolerable, since it is known, so many notable cures, have been performed without any such tiresome assistants, solely by such Medicines.

Then for cutting off the Hair, Caping and plaistering the Head, wrapping it with sheeps or Lambs lungs ; they are all most troublesome operations, seldom proving succesful, either in consumpti-

sumptions, for removal of inveterate pains, or release of frenzies, for which ends they are most used, but might happily be ever spared in lieu of safe and powerful Medicines.

And so also were it happy, if Patients in like manner, were finally rid of,

Opium.

Let what will be said of its several rectifications, for whether it be used in the Laudanum or otherwise, the event is oftentimes so sudden and so unexpected, and so unavoidably dangerous, that the knowledge of its aptness to miscarry (as it hath wofully done with divers) is more than enough to make every dispenser of it to tremble, during the whole time it is in the Patients Body ; and therefore in reason should gladly be left and abandoned for ever, having never since I have been furnished with the medicines herein specified, though in the most

violent raging Distempers, seen any occasion for the use of such critical helpers, that in stead of rest and sleep, like treacherous flatterers, stroak and stab, and give death it self in the same instant to the horror and amazement, both of Physitians and bewailing Relations.

Which by truly good, and real Medicines might securely be avoyded ; such by their efficacious prevalence against the venome of the Distemper, in short time, not failing to introduce an un-enforced, well-proportion'd sleep, not only voyd of all possibility of danger ; but without sickishness upon waking, after-dotages, weakness of the nerves, or any dispiriting of the animal faculties, nor followed by Palsies or Apoplexies, the frequent issues of Opiumated Medicines.

And therefore, though I am far from wishing so much evil to practisers with *Opium*, that every of them should be obliged

liged to take the same quantity, which at any time they prescribe, (which yet is one of the Rules I always bind my self to, in whatsoever I advise) yet I do heartily wish that the whole old method of Physick, aforementioned, in all the particulars of Glisters, Bleedings, Purgings, Vomitings, Sweatings by Minerals, Issues, Cuppings, Blisterings, &c. were all so well and thoroughly Opiated, stupified, and laid a sleep for ever, that they might never more rise again in Reputation with Physitians, or evermore be readmitted by distressed Patients, to their certain torment, danger, and intolerable affliction.

But that both, out of a most powerful ingenuity, (which most good consciences are full fraught withal) and out of a deep sense of the manifold mischiefs incident to that way, would freely and totally forsake them all, and exchange them for the use of such true and Real Helpers, as
are

are known to perform the utmost in all cases can be expected from Medicine, and that, with so much mildness and safety, as disturbs not, nor hazards, the weakest in their operation.

Let not *Science* then, falsely so called, which but vainly puffeth up, so far triumph over reason and natural affection ; as to produce an obstinate persistence in these cruel and dangerous treatments of the sick ; but rather be ye easily perswaded to use all kindness, and tender compassion, towards all that so highly trust you, in the distressed times of sickness ; and to give your selves no rest, until by your continual studies and labours, you have so reduced and meliorated the whole course of Physick and Practise, that it may be truly affirmed, you are merciful ; as your heavenly Father is merciful.

The time of sickness being indeed a dismal time, whether considered in the anxious or painful sufferings of the sick ; or in the perplexed griefs, and
cares

cares of ſad, yea almoſt diſtracted Relations.

And wherewith Practiſers of latter times have ſeemed to be very much affected. One ſort ſadly bewailing the untimely falling of many, by groſs, painful and perilous Phyſick. And others as ſorely lamenting, the woe-full effects of virulent and mineral preparations, but have not as yet been ſo happy as to eſtabliſh more kindly and powerful in their room.

Which, as the only work I have long time mainly intended, and by a more certain guide then gueſſes of Philoſophy ; eſcaping their *Scylla* on the one hand, and their *Charybdis* on the other ; have through Gods goodneſs produced, and upon conſtant proofs eſtabliſhed a Phyſick neither impotent, nor virulent ; neither troubleſome, nor dangerous, but ſuch as through its benignity, and power, avoids all the evils, and brings all the good with it, which in reaſon
can

can be hoped for in times of sickness.

With very much satisfaction therefore for what my Medicines have performed, and assured confidence of future good successes in behalf of distressed Patients.

I shall here, for their clearer information set forth their particular titles, vertues, and uses, As followeth.

1. Refugium vite.

Exceeding behoveful and prevalent, in all sudden frightful and confus'd Distempers, afflicting either the head, the breast, the stomach, bowels, mother, or any other parts of the body, with or without vomiting, looseness, Gripings, to be given with confidence one, two, or three spoonfulls to children; And from six to twelve spoonfulls to those of years; And at three hours may be repeated (or the like

like quantity again taken) or somewhat sooner, if violent necessity requireth ; And so to be continued as long as there is occasion, warm or cold, day or night : And in Colds, Surfets, Agues, Feavers, Convulsions, &c. is of singular use, at 8 s. per pint.

2. *Sanguis vitæ.*

In all distempers of the Stomach and bowels : Gripings in the Guts, Surfets, Vomitings, young Agues, new Feavers ; the first illness, or fears of Pestilence, Small Pox . Meazils , and in such cases to be well heated : the dose (or quantity) from four to twelve spoonfuls, yea to six ounces, if need require, and is most proper to the stronger constitutions, at the Pint, 2 s.

3. *Adjutrix vitæ.*

For appetite and digesture, a pleasing cordial for all times, best between meals,

meals, is good also in any spoon-meat or in milk, against Consumptions, at 2 s. the pint.

4. *Vis vita.*

For Scurvy, Dropsie, Spleen, Wind, Gravel, Strangury, Stoppage of water or natural course, or in swellings from thence, or other swellings : the Dose from two to six ounces, at four hours may be repeated, and continued till occasion cease ; also may be usefully taken for prevention of such distempers, and for conservation of Health, Strength and Chearfulness ; at 3 s. the pint.

5. *Succus vita.*

For Convulsions, Palsies, Falling-sickness, Mother-fits, &c. The dose from two to four and six ounces ; and where danger much threatens, to be mixt, half this and half *Refugium* : and in dull mistiness of the eyes to be
mixt

mixt with a fourth part of *Ignis*, at two hours may be repeated ; the Succus is 5 s. 4 d. the pint.

6. *Lac vitæ.*

For Rickets, Worms, Green-sickness, Diseases of the Mother, and weakness or sickishness of the Stomach ; the dose is from one, to two, three and four ounces ; at four hours may be repeated, and to be continued till occasion cease, the price is 5 s. 4. d. the pint.

7. *Radix vitæ.*

In Coughs, shortness of breath, vomiting, looseness, gripings, pains in the head or stomach : Also in Fevers, Agues, Pestilence, or any occasion with or without Fevers, may be safely and usefully taken all day, though out of bed ; when *Salus* or *Vindex*, and the like, are ever best in bed : whereas
this

this may be taken in great or small quantity day or night ; the dose is from two to four, and six ounces, or less (as to be sipt on continually) or greater, as cause requireth : the largest quantity may be repeated at two hours, and continued as long as there is occasion : sore eyes may be dabled with it, itchy parts scratch to blood with it ; swoln raging parts bathed or stroakt with it, and sore mouthes, tongues, or throats continually moystned therewith, young or old, and all to great advantage, (note that three small usual spoonfuls are throughout this discourse deemed an ounce.) 6 s. per pint.

8, *Nutrix vita.*

For Consumptions, Defluxions, a great strengthener ; also may be familiarly used day or night for prevention of those infirmities which is the best way of using them ; it being abundantly better to be before, than ever
so

so little behind hand with any infirmity or distemper : The dose, from two to four or six ounces, at three hours time may be repeated and continued as long as there is occasion : at 8 s. the pint.

9. *Salus vite.*

For all difficult cases, infectious, Feverish, Aguish, Pestilential, or dangerous ; in small-Pox, Meazels, Agues of all kinds : with Vomitings, looseness though to blood ; gripings, virulent scaldings, or Itchings, sore mouth, tongue, or throat, violent headache, cough, toothache, with or without swellings, in numbness and defect of the nerves, and in the Gout : The dose from a spoonful to the youngest child, to two, four, or six ounces ; to those of years, best in bed, and at two or three hours may be repeated, and continued as long as there is occasion : and the more violently hot any fit, or Patient

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is,

is young or old, the more they are to be followed therewith, and with the larger quantities; and this to be noted as a rule with every one of the Medicines in all cases, as a special mark of their peculiar excellency, at the pint 8 s.

10. *Medulla vitæ.*

For wastings and all weakness, especially in fears of miscarriage; and then to take two spoonfulls every morning in a mess of oatmeal and milk, and every afternoon five spoonfulls of Radix; which together dayly so used are a very sure preservative against that great inconvenience: It is also of singular efficacy against Consumptions, with or without Feavers; with milk from the Cow, or warm'd, nothing is more pleasant or more strengthening, and may be safely taken by it self at all times for weakness of the back, from two to four ounces; at 12 s. the pint.

11. *Deli-*

11. *Delicia vite.*

Against sadness and melancholly, a great reviver, and though the dose be from two to four ounces, yet half a spoonful held in the mouth a while, and after swallowed, generally makes so great a chearfulness in the most indisposed and dejected, as hath been admired (but is best put upon those that need it, with no farther pretension but as an ordinary Cordial;) the issue only being observable; and where frequently used, alters from a sad and drooping constitution, to what is lively and delightful; at 20 s. the pint.

12. *Stella vite.*

Very powerful in swoonings, and all extremities; also for extinguishing virulent inflammations in any part of the body, arising from impure venemous causes: The dose from one to

two, three, or four ounces ; as to the amazement of some Artists, and observers, hath with safety and wonderful success been daily taken by divers, and, so used, hath been also very prevalent in Pleuritick shortness of breath ; in violent Vomitings, Loosenesses, gripings in the guts, stopping of the stomach, stopping of the urine and strangury, in the stone and gravel ; violent Coughs, and toughness of flegme, with bruises and feebleness in the joynts and knees ; and though very hot and high in Spirit, yet is so safe, innocent, and powerful, that sore tongues and inflamed throats have been extinguished in a night, by plentiful taking thereof ; and smallest children and weakest women partake of it to great advantage : the price is 12 s. the pint.

13. *Ignis vita.*

Exceeding high in spirit, and of singular use in Lethargies, vertigoes,
swim.

swimming of the head, dulness of sight, and even to wonder, in violent headach and inflammation of the eyes, with or without swellings; The dose a drop, two or three, to be held a while in the mouth, and forcing it up into the head, and then swallowing it; it being also a great Cordial; and to be repeated three or four times without intermission, and after this sort often in the day, at bed time, or in the night; minding, the more violent or obstinate the distemper, always the more to be plyed: for children and such as cannot well take it alone, it is to be given half *Ignis*, and half *Delicia vite*, and to be used as afore is said; the price is 16 s. the pint.

14. *Flos vite.*

Fortifying the Breast, the Brain, and Memory, a recreative and refreshing Cordial; a great reliever in business, and useful at all times: the dose from two to

four ounces, and may be repeated at three hours, and continued as long as there is occasion ; The price is 3 s. the pint.

15. *Elixir vita.*

For qualifying the blood, sharpness of urine, and of virulent ulcerating humours : and vehement sharp pains in the body : The dose from two, to four and six ounces ; at three hours time may be repeated, and should be constantly continued till occasion ceases ; The price is 3 s. the pint.

16. *Vita vita.*

A general and powerful fortifier of all the Natural, Vital, and Animal faculties ; and singularly useful in all cases where there appeareth either deficiency in breathing or dejection in spirits : The dose from one, to two, three, or four ounces ; and after three
hours

hours may be repeated, and continued as occasion inviteth : at 10 s. the pint.

These, though at first assigned only for maintenance of health ; or speedy relief in the first assaults of sickness.

Yet through the course of time, by their constant and throw performances, in very dangerous cases ; have gained so much esteem, as in great difficulties to be solely depended on, to very great content and satisfaction.

But where diseases persist in obstinacies ; a necessity enforceth to have recourse to those which are justly to be accounted as the main guard, for their powerful efficacy in subduing and extinguishing the most venomous, violent and inveterate causes of diseases. Which are as followeth.

17. *Vita Naturæ.*

In Feverish Aguish Distempers accompanied with Jaundies, faintness,
E 4 wind

wind, or crudities. Or in those distempers not feaverish; Also in violent Headache, Toothache, with or without swellings; and when stoppages fill the head with roving fancies, and restlessness. The dose from two, three, four, to six ounces; at six hours time may be repeated, and continued as long as there is occasion, Best a little warm'd and in bed, as also all that follow to number 32. The price is 9 d. the ounce.

18. *Corona Naturæ.*

In sighings, or extreme pensiveness, with or without Fevers, Agues, Pestilence. The dose from one, to two, three, or four ounces; at two hours time may be repeated, or continually sip a little and little; wonders have been done by it, Patients not deeming what they have taken, which is best; at 2 s. the ounce.

19. *Servus*

19. *Servus Naturæ.*

In Fevers, Agues, &c. with pain, and heaviness of stomach. The dose and use as numb. 17. at the ounce 9 d.

20. *Comes Naturæ.*

In all Feaverish cases with loss of appetite, or other faculties of the stomach. The dose and use as Nu. 17. at the ounce 6 d.

21. *Ancilla Naturæ.*

In stoppages of the Stomach, Spleen, or Liver, with or without Feavers, Agues, &c. The dose and use as Nu. 17. at the ounce 1 s.

22. *Latex Naturæ.*

In Feavers, Agues, Hæctick-Feavers, &c. where Nature fails, and flesh abates

abates. The dose and use as that of
Nn. 17. at the ounce 1 s.

23. *Vindex Naturæ.*

In highest Fevers, Pestilence, Tertian or quartan Agues, Vomitings, bloody-fluxes, pains in the Head, restlessness, Gout, Small-Pox, Meazels; and where there is often and tedious provocation with little or no evacuation downwards; or in any other violent or Contagious Distempers: As also for furthering of Child-birth with safety. The dose from one spoonful to three, to Children, to those of years from two, to three, and four ounces, at three hours may be repeated and continued, whilst there is occasion; except where its taste is grown offensive; and then to be supplied either by *Vira Naturæ*, or *Clavis*, *Corona*, or *Athleta*. The price is 9 d. the ounce.

24. *Anima*

24. *Anima Naturæ.*

In Heſtick Fevers, Conſumptions, weakneſs of the nerves and animal ſpirits. The doſe from one, to two, three and four ounces, at three hours time may be repeated and continued, as cauſe requires, at the ounce 1 s.

25. *Athleta Naturæ.*

In fainting fits, ſhortneſs of breath, violent thirſt, Peſtilence, Gout, Feavers, Agues, Vomiting, Loofeneſs, Gripings in the Guts. The doſe from two, to three, or four ounces; at two hours time may be repeated and continued as long as there is occaſion, at the ounce 1 s.

26. *Flamma Naturæ.*

In Fevers, with Palfies, Apoplexies, Convuſſions, pains in the head, &c.
The

The dose from one, to two or three spoonfuls to the younger ; to others, from two to three or four ounces ; at six hours may be repeated and continued as occasion requires ; at the ounce
 1 s. 3 d.

27. *Fermentum Natura.*

In Hypochondriack Melancholy, infirmities of the Reins and bladder, Strangury, &c. with or without Feavers, Agues, &c. The dose from two to three or four ounces ; at the ounce
 1 s.

28. *Clavis Natura.*

In Feavers, Agues, Pestilence, Small-Pox, Meazels, with stuffing of the breast, Cough, Toughness of flegme, Phthisick, Raspings of the Stomach, Colick, Distempers of the Mother, wind-Ruptures. Headache, or in those distempers without Feavers. The dose from two to three, and four ounces, at
 three

three hours time may be repeated and continued as there is occasion ; at the ounce 9 d.

29. *Requies Naturæ.*

In Mother-fits, Vertigo's, Falling-sickness, Convulsions, Apoplexies, lightness of the head, weakness of the brain, with irregular motions, or wandering fancies, with or without Feavers, Agues, &c. The dose from one, to two, three or four ounces ; at three hours time may be repeated, and continued as occasion needs ; at the ounce 9 d.

30. *Lumen Naturæ.*

In the running Gout, Scurvy, or sharp Rheumatick pains, with or without Feavers, Agues, &c. The dose from two, three, to four ounces ; at three hours may be repeated, and continued as long as there is occasion ; at the ounce 1 s.

31. *Arca-*

31. *Arcanum Natura*

A Balsamick Cordial, to be sipt or taken with a liquorish-stick, in Consumptions or any distemper of the breast or Lungs, clamminess of flegme, foreness of tongue or throat, with or without Feavers, Pleurisies, Quinsies, Pestilence, Small Pox, or Frenzies, and to be continually so using it, day or night : Or to put a few drops into the mouths of Children, to appease the violence of Thrushes, or other inflammations, and to ripen and loosen flegme ; at the ounce 6 d.

32. *Catharticon Natura.*

In impurity of the blood and oppression by crudities; with or without Fevers, Agues, &c. The dose from two, to three, or four ounces ; after three hours may be repeated, and continued as there is occasion ; at the ounce 9 d.

33. *Vigor*

33. *Vigor Naturæ.*

A rectifier, quickner and rowser of all the offices of the Body, and enabling them to separate, shake off and to expel, whatsoever vexeth or tormenteth any part of the body, inward or outward, and very serviceable in the most obdurate cases, and in the most difficult times of cure. The dose from two, to three, and four ounces; at three hours time may be repeated, and continued as occasion requires. The price is the ounce 9 d.

These are the Medicines, which for their Benignity to Humane Nature, and their powerful efficacy in extinguishing the venemous causes of Diseases; I have found good cause to establish in place of all other Physick, or Physical proceedings whatsoever.

For whatever, long time hath vainly been imagined, in this warfare between Physick and distemper; we
wrestle

wraastle not meerly against gross, corrupted, slymy matter, discoverable by the hand, knife, and eye, (such) being but *effects*, not causes of Diseases, but against spiritfull, forcible, poysonous, fiery vapours, which like close-pent powder, rend and tear to force their passage through every crany, and fastness of the parts; sometimes settling and corroding one part, otherwhiles suffocating the vital and animal spirits, ever disturbing, distorting, and disabling every office of Nature, and violently bent to the total subversion of life and happiness; and are never truly discerned, but by an intellectual ingenious conception, nor ever to be subdued and extinguished, by such operators as disturb, defile and depauperate Nature: But as afore is minded, by Medicines of like ingenious and intellectual conception, *spiritfull* and *benign*; every way fitted to grapple with such subtil and inflamed enemies. And unto the want whereof,
are

are justly to be attributed most of the miscarriages, so apparently discernable and so frequently complained of, in Physick.

With these Medicines therefore concurrerth a rational and well-grounded hope, to reach and pluck down the most aspiring venomous causes of Diseases ; and finally to extinguish and extirpate them ; and, as hath constantly been found, upon all occasions, where ever they have been engaged with prudence and requisite perseverance ; And from my large experience of them (as afore is express'd) can truly affirm, that I never knew the time when any, the least, harm could be ascribed to any of them : It being impossible, for such to hurt in any case (prudently used) or that in performance, they ever failed any reasonable expectation. And when objections against the possibility of such performances, as the Title page and the Marks import ; testimony hath been

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given

given (where for years they have been plentifully used) that they never found them to fail, what *Physick for Families*, promised on their behalf.

And all the frightfull aspersions, touching harm by their heat, or impotence from their mildness, or that they may comfort but not cure : or of throwing out the relicts after cure : And the like shiftings of envions Artsmen are all vanished, or but accuse the aspersers of falseness and want of conscience.

So that, in reason, I need not be farther solicitous to procure them either a right understanding, or due estimation of their vertues.

And therefore that all, who are desirous to know the proper use of these Medicines, may be rightly informed, I shall give an exact account of the several Cures which have been performed by them, by which it will evidently appear, that most Distempers, hapning to Young or Old ; have by their
power-

powerful Efficacy, been effectually subdued, and the persons restored to perfect health; and if these instances are carefully observed, will give full instruction to all persons to use these Medicines, in the greatest Extremity, both with safety and advantage, without having Recourse to any farther Advice, or Direction; and are as followeth.

1. The first is of a Gentleman somewhat above fifty: surpris'd with a violent surfit, and its worst effects, extreme vomiting, head-ache, high feaver, and soreness every where: and which, notwithstanding many consultations, and thereupon bleedings, purgings, vomitings, often repeated with fundry the best reputed Julips and Cordials usual in such cases, nevertheless settled into six hours cold fits, with tortures in his knees and ancles, as if upon the Rack and near upon ten hours hot fits, his breast stuffed with tough and clammy phlegme; throat

swoln and blister'd, his tongue parcht, scurft, raw and so big that he could hardly speak a word to be understood.

In this woful plight, his Physicians, Himself and Relations quite hopeless, hearing what had been performed by my Medicines, I was sent for : yet not without much scruple, as one that gave chiefly Spirits and hot things : which this Gentleman said, How to one in such a flame as he was in, Spirits and hot things could be proper, he could not understand : I replied, he would soon find there was a benigne as well as a venomous heat, that indeed he had too much of the one, but too little of the other ; and that without supplies of the better, his Lamp of Life could not be long maintained.

Which yet I perceived he so slowly admitted, that I was leaving of him : but his Lady taking me aside, and asking me whether I thought there was any possibility of his recovery : I told her

her I did believe there was ; she asked me by what means, there having been so much used and failed : I said by Cordial Medicines : she said he would not endure any thing that was hot, I told her it was impossible without it ; but yet such heaters as would certainly cool him : she askt me if I had any such, I told her I would have none else, nor valued any other.

Which so far prevailed that he took that Night two ounces of one of my Medicines, and so did constantly of that or some other, alwaies before his cold fit ; and at the end of it, respecting his hot fit, both which, with all their painful threatning effects, were after a while much mitigated, and in conclusion most happily extinguished. And had been sooner but for the unfortunate interposition of a gentle Purger ; which because of Costiveness was prest upon him by one of his Physicians, who generally make such adoe about keeping the body soluble, as spoiles all

too often. This Purge though of the middle sort, (which I must not know of at no hand) gave him upon twenty stooles, and so chearful he was upon it, that they reckoned now all filth was purged and carried out of his body : Infomuch as when I came amongst them, all eyes were cloudy upon me, so I said little, and off I went : But before next morning the Scene was altered, and I hastily sent for, his cold and hot fits being doubled both in time and extremity ; And he so weakened as they all feared his sudden dissolution : But falling to work a fresh with the same Medicines, though this mischievous loosener set us back at least ten Cordials, yet it was not long er'e all was perfected, wherein our pleasant variety proved infinitely Advantageous and Contentful.

For so clear a Convert this Gentleman became, that though, at first, any thing of heat frightened him, yet so thoroughly reconciled to my heaters was
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he that not onely all his Cordials were freely taken by him, but for one of them, (which hath heat enough in it to startle most practisers) he would not be without a moment and not onely sipping of it, but drinking of it continually night and day; so much more easie is it to convince an ingenious Gentleman (with whom Reason & Experience soon prevail) rather than Capricious Arts-men, whose too much self-respect, or errour in breeding sway them, one while to accuse those Medicines of deficiency, because of their mildness, another while of danger, because of their heat: And indeed Generally to adhere to old and mistaken Maxims.

For so in this case, when the Cure was almost finished, comes one, who finding by all that was done he had never sweat, Rashly pronounces, Then he could not Live. And so in all hast writ a large Receipt to enforce a sweat a *Mineral therein* being the main Agent

depended on for producing the effect. But the Gentleman was more wary than to take it, and so contrary to his adored Aphorism, recovered without once Sweating in all the time of his sickness, and in reason may somewhat restrain the too frequent interposing of Artsmen and attendants with their vulgar opinions.

2. My next instance is of one naturally of a good Constitution, and Chearful, whose occasions inducing his too much converse with Wine, in process of time inclining to the Dropsie, and in fine swelled his belly, took away his appetite, sometimes he had stoppage of his Urine, and sometimes made reddish water, under which infirmities he remained long, though he used the best counsel and Physick he could get; but instead of amendment, fell into other extreames; for his flesh every way abated, his strength utterly failed, his belly sunk and clung'd to his back, no stools but by Glisters, nor could he
eat

eat one bit of flesh-meat at any rate, nor ought else but as he forc't it down. In this sad plight he desired my assistance, and in fourteen dayes with Medicines of this kind onely, his appetite and digesture were recovered, his strength restored, his flesh and countenance well liking, his belly in due state, his urine and stools natural, and he so blythe and jocund, as was wonderful to all that knew him, and so continued for above four months : But his occasions still misleading of him ; and upon a frolick overgoing his strength he fell ill again, and then unhappily waving the means which had formerly helpt him, took a resolution to be his own Physician, by help of such Books as were then in repute, wherewith he tamper'd so long till he was past recovery, his Distempers being far above the reach of Book or common Medicine.

3. The next is of a Gentlewoman long under Physick for Distempers of
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the Breast, as Cough, shortness of Breath, Feaverish, extreamly wasted in Body, and sunk in Spirits, hardly eating or drinking but what she vomited : She purged, vomited, and bled, she had several Issues, and had her head shaved, and so left hopeless, unless by Country air in the Spring. This being the beginning of Winter, many questions and much discourse I had from her, as whether I had ever seen any one in her distemper, or had ever cured any : Also what means I intended, seeing as able Physicians as *London* yielded prevailed not : I told her 'twas not my way to speak either of my Experience or Performance, that if the party who advised her to send for me had not satisfied her therein : And withal, that I was not apt to undertake, but where I had ample hopes of Cure, he was to blame. And that I did believe and was well assured that there was both more proper and more powerful means in being, than
Physi-

Physicians were usually acquainted with; and by which with Gods blessing, I did not doubt to cure her, as hopeless as she was, without either purging, or vomiting, or bleeding, or issues, wishing also her Hair had been spared, as the chief comfort of so weak a Head, with this she chear'd a little.

So I fell to work with my real Medicines, and in few weeks time so far prevailed, as that she frequently went abroad that Winter: nor kept she house any more on this occasion.

4. A young Gentleman came to me about noon with an Ague most terribly shaking him, to whom I immediately gave half a pint of one of my Medicines well heated, which was the usual way by which in the great Ague Year abundance were cured; He drank it off at two draughts, and it stayed with him, but within a quarter of an hour it made him vomit very largely, and thereupon he became instantly so well, as I would have had him dine with us; but

but excusing himself, he fell fast asleep for two hours, and never had the least Grudgings after it ; which is the more to be noted, because its frequent with the same Medicine to stay vomitings when the body any wayes stands in need thereof.

And for their efficacy in preserving from the infection of the Pestilence, or expelling the venome as soon as taken, and their prevalence in cure; I shall give for each an instance.

5. And the first, please to take in the exprefs of a Letter from *London*, in the time of the last sickness, from one who returning thither, had furnished himself with divers of my Medicines, as fearing the worst ; and at the place of my abode, thus saluted me. Sir, Next to Divine goodness, I deem my self bound to return you my hearty thanks for my present health, which had been much indangered but for your Cordials ; for what through change of Air, Diet and Lodgings, with somewhat
more

more than usual busteling in business, I found my self much out of tune, but could not say I was ill, until the last Tuesday night: but then after the whole dayes Indisposition, I was taken with a most violent pain in my head, and with not much less in my stomach, That I feared it could not end but with a sickness, if not the Sickness: and the more because that Medicine of yours, which at other times was ever pleasant to my taste; was now so loathsome that I could hardly bring my self to take it: but considering my necessity I forced down two ounces, which hardly stayed with me, nor did I hold it full half an hour; for then after much struggling in me it gave me a large vomit, immediately after which not finding my self so well as I hoped, though much relieved, I called for my Glass, and took two ounces more; soon after which I fell to rest, sleeping quietly all the night, and waked in the morning as if I had not been ill at all, and so remained ever since,

since, for which I bless God and freely acknowledge my self your debtor.

6. Then for their prevalence in Cure, Being in the Country where I wrought and furnished my self with requisites for any occasion ; and frequently supplied those I left in *London*, with what was much wanted : not thinking of any Practice, but only for our own Family : By a Letter from a stranger seven miles off, I was thus treated, Sir by my good Friend Mr. — I understand you have a Sovereign Water for the Plague ; He told me a Gentlewoman gave him part of a Glass, whose Husband refused to take of it and died : but she and her two Maids took it and lived, wherefore I would desire you to send me a pint, of it, for I fear my Servant dyed of it on Munday last ; I knew by the Mony he sent what he intended, which I sent with a taste of another, his Wife and an other Servant fell ill immediatly both having Risings ; he sent for more,
and

and often, and had also of other sorts, for he spared for no cost : and the issue was, that his servant after a while recovered without breaking: but his wives grew very large, and was long in ripening, but at length it brake very kindly and she suddenly thereupon perfectly recovered : he told his friend also he believed, he himself was three times infected, but then taking larger quantities than ordinary ; he soon sensibly perceived the venom to be subdued, and deemed himself happy in having them.

7. One about fifty, over-heated, by over-going, and then suddenly drinking liberally the waters of *Chigwell*, and heating again by hasty return, and taking freely of cold milk and beer mixt ; was taken very ill in the midst of the night, slept yet restless, stretching and yawning, vehement thirst, burning, nauseating at stomach, and violent looseness. I sent him

him eight ounces of *Refugium vite*: to take one third present; as much two hours after, and the last two hours after that, which perfectly recovered him.

8. A woman about thirty, taken with an extream vomiting and looseness, with gripings, so as life was hardly kept in her. The Messengers fearing her death before their return I sent nine ounces of *Refugium vite*, to take a third present, as much within an hour: and the last an hour after that: but if extremity continued to take it more speedily; in three hours time she took it all, yet vomited still: then I sent her nine ounces of *Radix*, to take a third present, and the rest leisurely, as she saw cause: at night her vomiting and looseness stayed; she had some sleep, but at times sickish, and pain in her back; I ordered her white-wine posset-drink, and sometimes milk, a quart boyled

boyld with a spoonful of oatmeal, and strained as she liked : Then I sent her four ounces of *Vindex Naturæ*, to take one half at ten that night ; and the rest before morning, she rested very well all night ; but sent not to me till nine next night, which was a great error, (for I should have ordered what had been fit for that day) then being sickish, and pain'd in her head and back, sent her four ounces more of *Vindex*, to take as the night before ; at nine in the morning she let me know she slept well all night ; her head and back well, and thirst gon, yet sickish and no appetite ; so I sent ten ounces of *Vis vita*, to take a third part every hour, to eat any spoon-meat, and to drink a little beer with a tosse now and then, at 9 at night she was very well, had eaten and no ill remain'd, but a little faintish ; I sent her four ounces of *Succus*, mixt with an ounce of *Refugium*, to be taken at thrice that night, which perfected her recovery : nor did all these

particulars, and intercourses, cost more than 17. s. 6 d.

9. One about 25 years, extreme ill by Surfet, pain'd in head, stomach, and bowels : in my absence was given him four ounces of *Stella*, well heated, which immediately recover'd him. He took as much home with him, in case of need ; next day he was somewhat indisposed, but six ounces of *Radix* taken by six spoonfuls every three hours, settled him compleatly.

10. One much us'd to these Medicines, having a child of two months old, taken with vomiting and Looseness, two ounces of *Vindex* by a spoonful once in an hour and half, recovered it. Another of his of two years and a half, restless, still imputing it to his feeling a hair in his throat, I apprehending the disorder of the part, order'd three half ounces of *Refugium* to be given him, by a little and little, and so quieted him :

him : but being near three weeks after somewhat disordered, four ounces of *Salus* perfectly cured him. His wife also much afflicted with sharp pains in her head, back and stomach, with thirst, by occasion of colds and stoppages, by four ounces of *Salus*, one half at resting time, and the other part within the night, became perfectly well.

II. One within ten weeks of her time, afflicted with extreme Gripings close to her stomach ; at five in the evening , I sent her eight ounces of *Sanguis* to be taken at thrice, an hours distance ; at ten next morning she was not better : Then she took two ounces of *Stella* , which about two had given her no ease : Then I sent her five ounces of *Refugium* to take a third part every hour, and heard nothing till two next day, because it exceedingly eased her pains, that she had slept well four hours at once, and eaten with good appetite and digesture.

After a while she pickt upon a Lobster, and though she had twinges now and then, yet twas so like a longing, as was not to be opposed, so eating all the Lobster with eagerness; her Gripes returned with violence; upon which at ten at night I ordered her four ounces of *Index*; half to be taken presently, the rest two hours after, or sooner if violence continued, which perfected the work; nor is it to be concluded, that the first, or second or third prescription performed nothing, because she perceived no alteration to the better: For Medicines of this benign nature cannot but do good, and a full part towards recovery, though through the obstinacy of the distemper it be not discerned: so that although the last seems to do the work, and to have all the praise; yet the last ought to thank the first, 2d. and third. & every part throughout a whole long sickness, for their prevailing daily and nightly by assistance: And of which
Patients

Patients ought to take notice, and not to censure, this and that, impatiently, and passionately, as useless and fruitless, to which their recovery may be as much indebted, as to that which gave it its first appearance; for things truly good, and powerful, cannot but have good effect throughout the whole proceeding.

12. A young Child long distempered with a Convulsive Cough and much wasted, by three ounces of *Succus vitæ*, and one ounce of *Refugium* mixt, and given by a spoonful once in two hours; was much better, and about a week after by the like quantity, became perfectly well.

13. And a new born child of the same Mother, by two ounces of *Salus* was perfectly cured, both of vomiting and Looseness, half a spoonful being given every hour.

14. One between fifty and sixty, upon a Surfet in a strong Feaver, with vomiting, pains in head and stomach,

and restless : I sent him eight ounces of *Refugium*, to take that day every two hours nine spoonfuls ; also six ounces of *Vindex*, half that night at resting time, and the other half, for the next night, after which he had eight ounces of *Radix* to use frequently a little and little, and so became perfectly well.

15. One of sixteen, for a full week in a high Feaver, short cold fits, but long hot fits every day, extream weak and violently pain'd in her head, with grievous thirst : I order'd six ounces of *Vindex* for three nights, last (but if a fit appeared, one third part then to be given) also sixteen ounces of *Vis vita*, to be taken by six spoonfuls, between breakfast, and dinner, and supper. And this proved her recovery.

16. A sucking Child, Grip'd and near unto Convulsion fits ; the parents much griev'd, because their children us'd to dye of that distemper ; two ounces of *Succus* mixt with half an ounce

ounce of *Refugium*. Recovered it.

17. One about 35, long crazy, weak-head, ill stomach, apt to looseness, and very thirsty; had been told by his Doctor, that he was inclin'd to a consumption, which much dismayed him: I ordered him three pints of *Sanguis vite*, to be taken by four ounces between breakfast and dinner, and as much every day between dinner and supper, till all was spent, to leave Tobacco, not to drink any thing else between meals, to stop up his issue, and to be sure to eat breakfasts; two pints more put him into a very chearful and healthful condition.

18. One about sixty, of an ill habit of body, a tedious journey, and bad accommodation, fell from one degree of illness to another, until it became a very violent Fever; in which he continued long under much means of Physick, which no way abating but increasing, to his extream weakness and danger, I was desired to under-

take him, so I sent him (being many miles from *London*) two pints of *Radix*, to take every hour all the day six spoonfuls; also two pints of *Salus*, to be taken every night at resting time, ten spoonfuls; and if a fit were feared or felt, then to take twelve spoonfuls, and during the fit to sip frequently the *Radix*, and in case of thirst to use white-wine posset plentifully at all times, upon taking these, though he gathered strength; yet he grew Humorous, and because his fits were not subdued, he sends me word, 'twas not Cordials he lookt for, but Medicines, that should rid him of his fits and Feaver: whereupon I blam'd the party that came between us, and had perswaded me to the undertaking, that he had given him no truer description of my Medicines, besides their Cordial qualities: of their through extent and efficacy in extinguishing the venomous causes of Feavers and other diseases, and so (though desired) yet I
refu-

refused to send him any more of my Medicines : But to convince him of his undervaluing of my Medicines, I sent him one of my Books, which soon cured him of his error; and not long after (by the plenteous taking of *Vitis*, *Athleta Naturæ*, and *Refugium* he was quit of his most tedious Distemper ; which was thankfully acknowledged, with some blame upon himself, for being so capricious in his sickness.

19. One about thirty exceedingly afflicted with gripings and looseness, perfectly recovered by two half pints of *Sanguis vitæ*: the last of which had in it one ounce of *Stella vitæ*.

20. One about fifty, in a most violent Fever, with lightness of head, had been long under Physick, bled, purg'd, vomited ; he was not at home where he longed to be ; and then was urged by a near Relation to take my advice : I sent him eight ounces of *Radix*, to take as occasion required
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in the Coach, and four ounces of *Vindex* : to take half at ten that night, and the rest three hours after ; two days after, I was sent to for as much more of the *Vindex* ; after which not hearing any thing, for near upon a month, I reckon'd he had left this life, when very much to my comfort I understood of his perfect recovery by those small quantities ; but in conscience ought to have been informed sooner, nothing lying heavier at the heart than the dangerous uncertain state of Patients

21. One about 35, pain'd all over with continual faintness and loss of appetite, by 22 ounces of *vis Vitæ*, taken by four ounces every fore and afternoon, till spent, became perfectly well.

22. One about 25, extreamly ill with griping, vomitings, and looseness took from my hand four ounces of *Stellæ*, so parted hopefully, but came afterwards. and most thankfully acknowledge-

knowledged it was his recovery, and to his wonder, as having us'd much means in vain, and almost despaired : The distemper being very mortal.

23. One who had Children apt to Faintings, with lightness of the head, and stoppage in the breast : I ordered three ounces of *Salus*, four ounces of *Succus*, and two ounces of *Refugium* mixt ; to be given last at night, or when ever any thing like a fit was feared, two, three, four, or six spoonfuls, as need required : A week after she came and gave Me thanks for the apparent good received.

24. A Child one year old, troubled with vomitings, looseness and gripes cured by two ounces of *Salus*, at first given by a spoonful every hour, and after by *Radix*, so given for some days and nights.

25. Another Child of one year, long loose and much weakned, cured by the use of *Salus*, a spoonful every two hours.

26. One

26. One about thirty, quite spent and past all hope, with vomiting, griping and looseness; his friend sent for a pint of *Sanguis*, which he drank in two hours time: and it so recovered him, as that next day he followed his occasions abroad, as at other times without prejudice.

27. The same gentleman had two quarts of the same for another friend; which though in longer time, yet perfectly cured him.

28. Another of his friends, far gone with vomiting of blood, gripes, and bloody-flux, by the use of a pint of *Vindex*; and half a pint of *Radix*, which he took in two dayes; then eight ounces of *Salus*, perfectly recovered, in somewhat less than four dayes time; This was attended with some envy from the Artist, under whose care he was like to have saln. But his recovery was so wondred at by all, that there was no place for spight to express it self.

29. One

29. One about twenty, very much afflicted with griping and looseness, some miles out of *London*, I sent a pint of *Refugium*, to take every three hours, nine spoonfuls; upon which, though she was better, yet the taste offended her; so I sent ten ounces of *Stella* to take at thrice, four hours distance, by which she became perfectly well.

30. One with child, troubled with vomiting, griping and looseness, I ordered eight ounces of *Salus*, to take one half at resting time; and if the distemper remained, as much three hours after that, or sooner if necessity did require, at five next afternoon, had been undisturb'd all night, vomiting gone, but looseness returned: then I ordered five ounces and half of *Vindex Naturæ*, half to be taken last at night, and the rest about morning, and to keep long in bed; also eight ounces of *Stella* for the morrow if need were two ounces at a time, and so repeat it at two hours distance;
by

by this means she was perfectly recovered, yet being bound for the Countrey, took with her eight ounces of *Salus* for security.

31. One in violent torment by griping, his friend gave him half a pint of *Stella*, injoyning him to take it all, and it immediatly cured him, without any of the least inconvenience following it.

32 One. about thirty, who had been six weeks tormented with vomiting, griping, and looseness in three dayes by four ounces of *Vindex*: eight ounces of *Radix*, and six ounces of *Salus*, found her self so well, as next day unadvisedly to venture abroad, took cold, and so her gripes return'd; but within three days by six ounces of *Salus*, and twice ten ounces of *Stella*, she became well and hearty.

33. A young Gentlewoman nine or ten days troubled with a looseness, and extreme thirst; I gave her six ounces of *Salus*, to take half last at night;

night, and the rest three hours after, and to use white-wine posset plentifully, next day was much better : then I gave seven ounces of *Radix*, to take six spoonfuls once in three hours, and to sip of it perpetually ; and so perfected her recovery.

34. One about 26, violently gripped with a looseness, and partly bloody flux ; the first day she had eight ounces of *Sanguis*, to take half present, and half within four hours after, and then to give me notice ; but it was thirty hours before I was sent to, in which time a glister by some advice had been given ; but being very bad after it, even to vomiting, griping, and looseness, with a continual sickishness ; I was again sent to, whereupon I sent four ounces of *Siella*, to take in three hours time, next day her looseness and gripes ceas'd, but sickishness remain'd ; so I sent four ounces of *Radix*, which compleated the work.

35. A young man about twenty, feverish

feverish, stopt at stomach, heavy, sleepy, very faint, extreme thirsty, and wasted; I ordered one pint of *Sanguis*, to take every hour two ounces, and to use white-wine-posset plentifully; next day he was much better, yet weak and soreness within his throat; I sent one pint more of *Sanguis* to take as afore, before night he had 7 stools, yet still weak, and sore in throat, I sent four ounces of *Radix*, to sip on all night; one half he so sipt away, and was well and lightsome, and all this day, yet after somewhat loose, and sore in throat, then for night I gave three ounces of *Salus*, which perfected his recovery.

36. A young maid of sixteen, troubled with gripes, looseness, thirst, and extremely weakned: I sent four ounces of *Vindex Naturæ*, to take one third part present, and as much next hour, and the rest an hour after, and to use plenty of white-wine posset; by which she recovered.

37. A

37. A youth of about sixteen, taken with a violent Feaver, pricking pains all over, numness in his thumbs and fingers; faintness in his legs, and extreme thirsty; the first day his father had for him eight ounces of *Salus*, to take every half-hour three spoonfulls; next morn little alteration appear'd, and then I sent eight ounces more of *Salus* to be given as the former, and eight ounces of *Radix*; which to his Parents great joy, being their only child, perfectly recovered him.

38. One about thirty, sorely afflicted with gripings and looseness, by taking twice four ounces of *Stella* in twelve hours time perfectly recovered.

39. One about 35, afflicted with an Ague, by taking twice eight ounces of *Stella*, in two dayes time perfectly recovered.

40. A young lad about 18, (A servant in a family,) much used to my way of Physick, falling extreme ill, though

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his

his master allowed him the very costliest and choicest of my Medicines, yet he amended very slowly, through a peculiar stupidity in his nature.

One of his kindred thereupon would needs bring a Physitian to see him, who (though then not at worst) told his friend 'twas in vain to give him any thing, there being no hope of life, tasted what the lad took, spake a little slightly of them, and so off he went, nevertheless, the master willing whatever it cost him to perform his duty ; failed not day and night, to ply him with whatever Medicines I judged most proper ; before three weeks end through Gods goodness, he became perfectly well, strong and hearty ; for this Physick is neither painful, dangerous, nor weakning ; which Artists should somewhat more mind, and not huff disdainfully, and discourage the sick and their relations, when under such powerful and such benign Medicines, as are not to be found in Books,
and

and not at all understood by them.

41. One between thirty and forty by heats and colds, surfeited unto a Feaver, with vomiting and griping, and restlessness, through various administrations of *Vindex*, *Radix*, *Refugium*, *Stella*, *Sanguis vite* and *Clavis*; yet do what we could with these again repeated, we were at many difficulties and threatnings of death from the beginning to the end; It was about twelve days before recovery gave us comfort, and even then too, being one of much business, and large acquaintance, he threw all far back again by over-much talking with his friends; but then timely bethinking himself, and some speedy helpers set all to rights, and with much joy crown'd our endeavours.

42. One extremely molested with gripes without looseness, was cured by four ounces of *Refugium*.

43. One about thirty, by an oversweat, pain'd in his head and neck, and very Feverish: I ordered him four

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ounces

ounces of *Refugium*, which much relieved him; but business forcing him abroad, all returned; so next day I gave a quart of *Sanguis*, to take a quarter of a pint well warm'd once in three hours, the next day being much better, he desired a quart more of the same, to help if further need were; or to have in readiness for other occasions.

44. One pain'd very much in her breast and throat, being about sixty, I ordered her eight ounces of *Sanguis*, and one ounce and half of *Refugium* mixt, to take half last that night, and the rest next night, both well heated, which being taken, I ordered the same again, upon which she was much amended, and desired a quart of the same to take as she had occasion.

45. One extremely griped and loose, by a pint of *Sanguis* taken well heated: at four times, three hours distance, perfectly recovered; and after
this

this manner, doth this *Sanguis* generally perform in pretty strong bodies : and where distempers have not taken too deep root.

46. One extremely tormented in her head : I ordered five ounces of *Refugium* ; and one ounce and a half of *Sanguis vitæ*, to take three spoonfuls every hour, and to hold it long in the mouth before swallowing it, and so till it was spent, she took the like quantity once more, and was perfectly cured.

47. One about thirty, very much griped in the guts, cured by one draught of *Stella*, being four ounces.

48. Another about thirty, cured in like manner with four ounces of *Stella*, taken at once.

49. One about 20, in an extreme Feaver and vomiting every thing was given ; I ordered him four ounces of *Vindex*, but none stayed with him : next four ounces of *Stella*, to take two spoonfuls every half hour, this somewhat strengthened his stomach ; then

H 3 seven

Seven ounces of *Salus*, to take by degrees all out by 9 next morning, which settled him, and rested well after it, so he had four ounces of *Arcanum*, to ripen and expectorate his flegm with which he was stuffed and thereupon perfectly recover'd.

50. One about sixty, troubled with a hot running humour behind her ears: I sent her a pint of *Vitis vitæ*, to take four ounces every forenoon between breakfast and dinner, and the like every afternoon between dinner and Supper, till it were spent, and this helpt her.

51. Her daughter much pained in her stomach after meat: I sent her a quart of the same to be taken by nine spoonfuls at those times, and it recovered her.

52. One about 35, having perswaded divers to use my Medicines, with very acceptable success, being himself; now afflicted with an Ague, referred himself wholly to my care,
and

and sped so well, and with such expedition, That being to make a voyage to the *East-Indies* ; He furnished himself with two large cases of my Medicines and very much to his satisfaction, as by a letter before his arrival there, he gave me notice ; for that in the latter part of his passage, he fell into a most threatening distemper, that mated all the means the ship afforded, unto which he submitted, I suppose as unwilling to distaste the *Artists* aboard ; but failing of help thereby, till it was almost quite too late, no one thinking he could recover. He betook himself to the use of my Medicines, and became so suddenly and so thoroughly well, as was to admiration, and which with some other good success, occasioned him to be importunate for two more like cases by the first shipping : but his desires coming somewhat too late for the first ; in good time before the next, he renew'd his desires by fresh letters ; and I carefully

furnished him accordingly, it being very much to my contentment; to see how they dayly gain esteem with the ingenious, both near, and also a far off.

53. One about 36, far off from *London*, in a most violent Feaver with thirst and restlessness, after long expectation of help from the best means the place afforded A Messenger is speeded to a friend, who instantly sends away the letter to me, and I speedily sent away the Messenger with a quart of *Salus*, with directions to take plenty of it day and night, it was speedily with him, and no sooner had he sight of it; but he sets it with all hast to his mouth, and takes down a good quantity; which he had no sooner done, but immediately he found so sensible an alteration, both as to his heat and thirst, as was not imaginable; and so proceeding after the same rate, he became well suddenly, and perfectly hearty, rejoycing with much thankfulness.

54. One

54. One newly out of Child-bed, taken with extreme pains and looseness, with a Cough, and reaching to vomit; I sent her ten ounces of *Radix*, to take three spoonfuls every half hour, and four ounces of *Salus*, to be taken at thrice that night, which rendered all well but her Cough; so for next day I sent her eight ounces of *Radix*, which perfectly recovered her, and some to spare for further occasion.

55. One who had divers Children, and of good growth, became so big-bellied, and continued for so a long time, that she was not able to go, but as she held up her belly with both her hands: And so after she had procured a Consultation of Physicians upon her, without determining whether she were with child or not, she came to me, telling me her condition, and many things that had passed: I blamed her that she had not listened more to her own Reason, for she knew I under-

understood she wanted no skill in the occasions of women; she told me, her bigness and unweildiness so disturbed her, that she was almost past all patience, and earnestly desired my advice and assistance. I told her, she knew she had but one safe way, and that was to take such Medicines, that if she were with Child, and her burthen living, would certainly cherish and further its birth in due time; and if she were not, would certainly strengthen Nature towards the Expulsion of her burthen: she agreed to what I expressed, and blaming her self for not coming to me sooner, (for she had largely known the benignity of my way) she entreated my best assistance; whereupon I constantly appointed her day and night what she was to take, from the fifth to the 12th. day of the moneth: As first, a pint of *Elixir* mixt with four ounces of *Salus*, to take nine spoonfuls at Resting-time, and as much three hours after,
that

that night ; next Forenoon at Ten, as much ; and at Four after-noon, and again last at night and so until spent : she had also six ounces of *Refugium*, to sip between whiles, because of pains she had on her right side, 'twixt the Stomach and Bowels, and wanted Appetite. The second day, she had eight ounces of *Radix* : The third, four ounces of *Vindex*, and one Pint of *Stella* : The fourth day, a Pint of *Vis* ; The fifth, another Pint of *Vis* ; The sixth also a Pint of *Vis*, and Eight ounces of *Refugium*, with three ounces of *Salus* mixt. So three dayes after, she was delivered of two Children, and as those about her said (for she was much spent) with Life in them, but long before their time : So, for After-pains, and some sharp provocations, she had eight ounces of *Radix* ; which with the rest, through God's mercy, perfected her recovery ; which her husband and her self after a season thankfully acknowledged.

56. A Child of five years old, upon a great Cold, very Feaverish, with three ounces of *Salus*; the first night, and four ounces of *Radix*, next day recovered.

57. One about forty, usually helpt by *Radix*, in many fits of sickness, being in Town, and far from me, was prevailed with to use other means, so long till he saw it would not do, then sent to me for a Pint of *Radix*, which soon set him abroad again.

58. One somewhat above forty, of a pretty full body, and somewhat a roving dyet, not deeming Regularity necessary therein by continuance of time, having contracted a very ill habit of body, upon a new occasion of travel by Water and Land, bad lodging and starting dyet, in raw, cold, and boystrious weather; after long fasting, feeding excessively upon Oysters, with but little good Wine to help, fell suddenly into an extream Surfeit.

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But being near my medicines, and throughly acquainted with them, took instantly so much of *Stella, Refugium,* and *Salus*, as made him believe the worst was quite over : And so his occasions urged, adventured abroad in extream wet weather, and continued wet in cloaths, and neglectful of any comfortable refreshment, that at evening he returned home so very heart-sick, as he was scarce able to go upon his legs, or hold up his head ; and so immediately took his bed, and then again betook himself to my Medicines, taking plenty of them, and in a very few days was in a very hopeful condition, as himself especially was pleased to judge, though for my part, I apprehended it to be a little Delirious, and his brain a little touched, for sleep much left him, and his thirst extreme ! and my advice for the time wholly rejected : He sends for some seven several sorts of Beer and Ale, rises, sets himself at Table ; and though
eat

eat he could not, yet takes occasion by way of complement to drink to every body, a full cup at least, and so also when Dinner was ended, and still entertain'd his Visitants with large and loud discourse, and now and then a full draught too, to pass the time away, and so till night, and then to bed, not so much as asking my advice, so able he deemed himself to be his own director.

But such a night he had, so restless, so stuffed and breathless, so pain'd and tormented in his breast; so burning and thirsty, that he could hardly be kept in his bed. Much of my Medicines yet he took, and so towards morning had a little rest; and then calling for me, excusing himself, that he had taken so strange a liberty; that he perceived how much he had wronged himself, and that now he was fully resolved, strictly to follow my counsel.

In few a hours time he changed exceedingly,

ceedingly, falling into extreme reaching to vomit, but could bring up nothing, and amidst that as violent coughing, and straining to bring up flegme, but could not stir it, with most violent thirst and burning, with very little remission either for dayes or nights; and alwayes so breathless, and strengthless, and so stuffed, that he could not so much as fetch the least hem to comfort him, and so tumbling and tossing, and bouncing from place to place (his wearisomness and inward pains provoking him) as was to the amazement of all that saw him.

And all this for many nights and dayes with very little hopes, notwithstanding all I could doe with the largest doses of my best and most powerful Medicines, so that indeed every body despaired of his Recovery.

Yet noting after a while, that he began to have pretty large and foul vomits with ease, that he wanted not stools

fools of tolerable consistence, and that often in coughing he brought up abundance of filthy ropy flegm, and that what by Medicine, and White-wine-possiet, his heat and thirst were much slackened, and his sleeps more and better composed; my hopes of him much revived.

Nor was it long before he had some stomach, and soon after amendment followed apace. But then all on a sudden, Oysters must be had, and so importunately desired, as if his Cure would never be compleated without them: and though I opposed all I could, yet Visitants there were that plentifully furnisht him, and eaten they were with all contentment imaginable: But within a few hours after, such a tempest followed, as I verily thought would quite have overturned, our tottering Bark. For his fits not only returned, but doubled and trebled in length and violence upon him, his senses often failing, and sometimes

times so deep a melancholy, as for many hours, not uttering a word, nor Wife nor Children, nor any body seemed to be minded by him : Therefore now I thought it high time if ever to ply him with largest quantities of the most powerful Medicines, as *Vindex*, *Athleta*, *Stella*, *Refugium* : And because of an hideous dream he had (sufficient to have kill'd him sleeping) I plyed him with good Doses of *Delicia*, and now and then with *Corona Natura* ; By which though he were reduced to some hope, yet the venom of his distemper being augmented, he fell into greater degrees of Danger ; his tongue and throat growing very sore, that he could swallow nothing, but with great pain and difficulty, which very much dejected him ; and somewhat disheartned me : But knowing that unless this venom were extinguished, his spirits must necessarily expire in the flame. All that night he took continually of *Stella* in pretty

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full

full quantities, which so wonderfully relieved him, that in the morning his tongue and throat were as well as ever they had been in his life, so then our hopes revived, and continuing still to take plenty of that and *Salus* and *Refugium*, and *Vita Vita*, and *Vita Naturæ*, they so supported him, and so effectually by degrees subdued his distemper, that in conclusion, (though it was six weeks first) through Gods mercy his Recovery became perfect which under God, was imputable very much to his constant adherence to these Medicines, and avoyding all other counsels or persuasions, never yeilding in the least.

Nor was it of small advantage to be under such Medicines, as may be plentifully, and safely given in the very height of the most violent fits: nothing being of greater discouragement, than to see how those times are generally trifled away with weak assistance,

ance, and sad expectance of what nature will doe, until there be no place either for hope or Medicine ; nay so well was he satisfied, of the compleatness of his cure ; that he never call'd, as the manner, is, for purgers to carry off the supposed Relicts ; being well assured, those which had done the greater, could not fail of doing the less ; and so in a short time, being neither tired nor wasted, by purgers, vomiters, bleedings, issues, glisters, blisters, nor perplexed with Opium, Antimony, or Quicksilver'd preparations, his countenance and strength returned with that freshness, as if he had not been sick at all : and remains an eminent testimony for this new way, and (well weighed) answers all manner of objections against their innocency, or efficacy ; and exceedingly instructs patients, and Relations, how to bear themselves, & what to shun in like condition.

59. One about forty, under a most violent fit of the stone and gravel, with

stoppage of water, and so shut up every way, that his Physitians and Chirurgians concluded his Guts were twisted; and accordingly ordered him to swallow a golden Bullet, when all availed nothing to the easing of his torments, or to give any hope of life; a friend of his bewailing his sad condition to me, and desiring my assistance; I sent eight ounces only of *Vis Vitæ*, which being taken, in less than an hours time, opened both passages, and bringing from him abundance of gravel, and stones among it, with great quantities of wind, water, slime and filth; the party became perfectly well in an instant.

60. A young Gentlewoman always upon taking cold, and preternatural stoppages, Extremely afflicted with sharp violent pains all over her body, but more especially in her head, never fail'd of recovery by the use of *Radix Vitæ* in the day-time, to the quantity of half a pint taken by little and little,
and

and by six ounces of *Vita Natura* taken by two ounces a night, for three nights together.

61. A young Boy a far off in the Countrey, being accustomed to Extreme fits of Crying, a Gentleman related to the Family, noting how he writhed his body at such times, told the Parents he was persuaded the Child was troubled about the passage of his Water, and being well acquainted with my Medicines, advised the use of *Vis Vita*, which being given day and night by little and little, perfectly cured him, wherein they used about three pints, or two quarts at most.

62. A youth about seventeen, strong and healthful, upon a sudden, without any manifest cause, became Extremely ill, with violent pains in his Head, sickness at his stomach, sore all over his body, with some Giddiness; it was a time when the Small Pox was very rife, but he having had them, and my advice instantly ta-

ken, I thought it best to arm, as if it might prove the Pestilence, and so gave him three ounces of *Vindex*, and a good quantity of *Radix*, to use a little and little, refreshing himself therewith continually: But for all this Vomiting seized him with Extreme thirst and restlessness, and binding of his body, I wisht his Kindred might be acquainted how he was, and to resolve what course to take: But it fell out, the principal of them (within reach) understood my way, earnestly desiring I would proceed, upon which I plyed him continually with *Salus vita*, till at length the Small-Pox plentifully appears, and being ordered accordingly with due care, he soon began to feel his stomach and strength so far, that he presumed one morning to rise without a fire in his Chamber, or warming any of his Clothes, unknown to any body: This struck him down, and the Wheals began to grow flat; Then his Friend who had the chief care of him, being

being come to Town, he was troubled that he was under an unusual course of Physick, ordering one of his own acquaintance to take the charge of him : But this the youth refused, as being satisfied with the way he was in, and so was the Physitian to whose care he was referred, which was somewhat rare : So I fell to work a fresh with *Vindex*, *Salus*, *Radix*, and the like, and in short time, recovered him to so much strength, as made him so fond therewith, that one of his Familiars coming to visit him, out of mirth and sportfulness, he urged him to sing with him some merry Catch, but the party disliking so simple a motion, fell into more seriousness with him, that he was but newly escaped from as dangerous a Sickness as ever any did : that though he were sure the worst was past, as for his part, he as yet was not, other thoughts would better become him : But to deal plainly with you, said he, whatever you think, there may be but a

step between you and Death, and therefore it is fit you better prepare your self : But this well meant advice wrought so much farther than he intended, that it had like indeed to have cost him his life, making so deep an impression, that there was no perswasion of any possibility of life, so that I was forced to redouble my Cordials, and otherwise to convince him, that there vvas no fear of his present Distemper : And that novv he had nothing to trouble his thoughts vvithall, but hovv to be thankful to God, and vvalk vvorthy of so great a Deliverance : which at length cured and restored him : But may serve for Caution, not to lay too much vveight upon vveak minds in times of sickness, nothing being more killing than the affright of Death.

63. No sooner vvas he recovered, but the maid that attended him throughout his sickness, fell extremely ill, highly Feaverish, vvith intolerable Gripings, and pains all over her body :
But

But being plyed with *Vindex*, *Salus*, and *Radix*, and at length, with *Vis Vita* in respect to stoppages; in four days she perfectly recovered.

64. A Gentleman about 30, taken with vehement pains in his left side, with stoppage of his breath, and thereby in such Extremity that he could hardly speak, and then crying out he must either bleed or dye: Yet when Bleeding hath given him no relief, or so little, that his misery hath soon returned upon him, a quarter of a pint of *Vindex* hath clearly discharged the fit. And when in process of time he hath been troubled again in like manner, he hath found speedy remedy by a quarter of a pint of *Stella*, or at most half a pint; other times by as much of *Refugium*, for he hath often been so afflicted, yet could never be induced to condescend to any course for rooting out the cause of the Distemper; and that because he found these remedies

dies so certain : Now these being Pleuretick Distempers, and which are not only accompanied with violent pains and heat, and pass not off but with the avoidance of an abundance of thick Flegm, it would amaze any ordinary Artists, that Medicines so hot as these could be so proper, and so successful as these have proved in such Cases, and which they often object to dissuade their use : But as their objections proceed from want of a due distinction between Vertuous and Vitious heats, so hath their constant good success baffled their Objections, the Patient being not to be startled from what gives him most sure and certain Remedy, for their Groundless, if not partial counsell.

65. Another Gentleman about 30. Extremely afflicted with a quartane Ague, to quit himself whereof, he had run the whole course of Physick, but all in vain, his cold fits being very turbulent and tedious, and his hot more
long

long and irksom being accompanied with intolerable thirst, and followed with such vehement Sweatings, as if he had been in a boyling Bath, which sweatings vvith sickishness, also continued as much upon his vvell nights, as upon his ill : And being much engaged in business, vvwhich required his being abroad, he vvas full of anxious thoughts vvhat to do for relief. When one vvho had good experience of my vvay, recommended him to me, so I gave him vvhen he came unto me a draught of *Sanguis* vvell heated, and a quarter of a pint of *Vindex* for his Fit, vvwhich taking twice, and not finding remedy, he withdrew his hopes, and it being not my manner to press any beyond their own minds, our proceedings ceast for above a week, he hearkning to his former Counsel, being possest, that if any thing carried off the Cause of so great disturbance, it must be Purging and Vomiting Physick which rovvsing all parts of the body, and voiding so
great

great a maſs of ugly coloured and naſty filth, the Ague, or what ever it be, muſt needs out at laſt : Arguments indeed , with cuſtom of knowing no better, ſo powerful, as deceives both the Learned and unlearned parts of the whole World, and therefore no marvel if they retained this our perplexed Patient as long as he could ſtand or till he was almoſt off of his legs : But at length wearied and tired out, Diſcourſing again with his friend, he told him he was to blame to Deſiſt from my way ſo ſoon, that he was certain it was a ſure way, and if followed would not fail : Why ſays he, why did he not tell me ſo then ? He did, ſays his friend, and I told you ſo too, but you regarded it not, beſides ſays he you are to urge him to do his utmoſt, and to ſpare for no coſt, if you mean to be cured, and not to expect that he ſhould preſs you ; that having ſuch a ſhew of ſelf reſpect, as is abhorred by all ingenuous Artiſts. Upon this he re-
turns

turns to me again, and Earnestly desires me to do my utmost for him, that he would with all his heart give twenty pounds to be cur'd of his Distemper, Whereupon I fell to work, giving him *Radix* to carry always about him, and to drink it in good quantity continually; Also to take every night at resting time 4 ounces of *Salus*, and not to rise too soon in the morning: Then for his fit he was to take a quarter of a pint of *Vindex*, either a little before, or just upon its entrance: And in his hot fit to sip continually of *Salus vite*: And if thirst enforced, to relieve by White-wine Posset, or now and then with Table Beer, and a tost and Sugar; and so pursuing this course for about ten Days, the whole work was finished, and he perfectly recovered; And this without spending much more of his twenty pounds, than fifty shillings, so far have I ever been from putting any to farther charge, than meerly necessary, though it be very much to my Encourage-

couragement to have the whole in all respects wholly referred to me ; Nor with me shall any ever speed the worse for so doing nor is any thing more improper or absurd, than in sickness either to starve their Cause, or to trust to halves.

But though this Gentlemans Ague were quite discharged, and Strength and Stomack restored, and all faculties in Due State and good Condition ; Yet being performed without Purgings, Vomiting, Bleeding, Issues, Blisters, or Sweaters (Except such as restrain'd and put an end to his most violent sweating) this seem'd so strange a Mystery to those in whose hands he had been, that they told him the work was but fallacious, and could not be perfect, but would either return upon him, or bring him into some more dangerous Distemper, and this he would certainly find, if he did not speedily take some fit Purgative to carry off the Relicks: Now though this somewhat prevail'd
with

with him (as it doth upon most) yet he would be so ingenuous, as to tell me what was said before he would take any thing : I told him they were so accustomed to that course, that it was no wonder they thought it necessary : But for him that had seen the Impotence of their Purgers, and Vomitors, as to the subduing of his Distemper ; and the powerfulness of those Medicines that did subdue it, for him to doubt that which had performed so far above his hope, and upon which he found himself so compleatly well, would leave Reliques, that must want the help of such nasty miserable helpers, would argue him a fit Subject to be play'd upon by every trifler, and never more to be assisted by such benign Medicines, as when they had done his work, must be made liable to so abominable Disparagement. Upon this he seem'd fully fortified against their charming, But when next they undertook him, and in reply (to what he urged

urged from my Discourse) said they did allow the Ague was subdued and kill'd: yet say they, admit you kill a Dog in your house, if you let him lie there, and not quickly throw him out, hee'l soon make you weary of your habitation; *Ergo*, If you throw not your dead Dog out, you must look to quit your house before ye are aware. This frightened him again to me with a witness; I smil'd to hear this Syllogistical Conclusion, and putting out a Candle that was before us, I ask't him where was the flame? he said it was Extinguish't. I askt him whether there were any Danger to be feared from it? he said no; I ask't him why? he said, because it was Extinguish't: I told him so it was with his Ague, the Venom which caused all his various Disturbances being also extinguished, by the Vertue and Efficacy of the benign and powerful Medicines he had taken, whose good qualities were such, as to leave nothing behind; but what they put Nature
into

into an ability to Evacuate : And this satisfied him ; and it was well it did ; for though it be the common Course, and frequently passeth without manifest prejudice, yet as here it was wholly needless, so it sometimes proved extremely pernicious : For,

66. A Child being very strangely ill, the Parents not knowing what to do, the Mother advising with me, I gave her two ounces of *Vindex*, because, whether it might prove the Measels, small-pox, Fever, Pestilence or Ague, the Medicine was very proper. This being given to the child by a spoonful evry half hour : The next day the Small-pox appeared, after which, being plyed with *Salus*, now and then half a spoonful, they came out full, ripened, shaled off kindly ; and the child perfectly well, very much to the joy of the Parents : But neighbours and visitants, and Kindred were not so satisfied, and by all means the child must be farged, or one Evil or other would certainly attend him, which at length

the Parents yeilded to , so the Child was purged, as they still call it, and very well upon it for a while, but soon after was taken with such strange fits, as he was then thought to be bewitcht, and was very like to have cost him his life : So here the imaginary Dead Dog was changed for a real tearing Bear, that through its Venomuos nature tortured and touzed the child even to death : And yet this, nor any reason, or argument will prevail, but let one recover either out of Pestilence, Fever, Ague, Small-pox, Meazels or Surfet, the first thing is thought on, oh by all means, the relicks of the Distemper must be cast off by some gentle Purge, or mischief follows. Yea if ever the party be ill again, it shall be sure to be ascribed to the want of Purging after such or such a sickness. In such simple bondage both the weak and wise, remain even in this inquisitive generation. In so much that two young ones by help of *Salus vitæ*, lately well recovered from the Small-pox : The person
con-

concerned in them, told me he was so pelted by some of his Physical neighbors to Purge them, that though it went against his own reason, yet he could have no quiet without it : So to be sure from after claps, between them, he gave last at night 3 ounces of *Salus vite*, to which under God, their so speedy recovery was justly to be ascribed : And which is not only a good Medicine against a Dead, but a mad Dog too, if need were, or it could never have perform'd in Pestilent Feavers, and all venomous Distempers, as it hath done.

67. A Gentleman far in the Countrey, having contracted a very ill habit of body, with weakness of Stomack, and aptness to vomit ; By the use of *Vis* for dayes, and *Salus* for nights, in less than a moneths time, was restored to a far better condition.

68. A Gentlewoman having a young Daughter very much languishing under a Distemper and weakness, like that of the Green-sicknes ; by the use of

three quarts of *Vis vite* (taken thrice every day between meals, and last at night) 9 spoonfuls at a time, recovered into a very good condition.

69. A Gentlewoman very much stuffed in her breast with a cough and shortness of breath, by three quarts of *Flos vite*, taken thrice every day, and a little in the night, became very well and hearty.

70. A Gentleman of somewhat a weak Constitution, through many occasions both at home and abroad, subject to Heats, Colds, and Weariness, and thereby frequently to illness, and sometimes to very Dangerous fits of sickness, using in all such times full and large quantities of *Salus*, *Vindex*, *Stella* and *Radix*, freely and seriously professes, that he believes they have often, by taking the value of a quarter of a Pint saved him both a fit of sickness, and a chargeable course of Physick. And that in his extremity of sickness they have saved his life, when it was in his judgment impossible for any other kind

kind of Phyſick to have done it ; having ſeen to his grief, as he ſayes, divers of his friends fail and fall under the beſt of the uſual practice. And which hath ſo confirmed his Opinion of their ſafety and efficacy, that he ſolely under God Depends upon them, for ſupport of his no ſmall Family, and whereby both to his Son and Servants, ſo much hath been performed both in Small-pox, and Griping of the Guts, and other illneſs, as might well make out many weighty inſtances : But whereas in this large Family they are always at hand, and in readineſs, ſo it's hardly credible how frequent, and how ſpeedy very great Inconveniencies are daily prevented.

But for this Gripping of the Guts, which every week roſe higher in the Bills of Mortality as many times to exceed an hundred, as I have never known any ſo Diſtempered to fail under theſe Medicines ; So I do verily believe they would have proved a perfect Remedy to whoſoever had relyed

upon them; And it troubled me exceedingly that they were made no more use of in that Mortal Distemper, by those who undertook its cure, or that those who were concern'd took no more heed to them, whilst with a little consideration, and small Cost, they might have cur'd themselves, which is the main intention of this Treatise.

71. A young Gentlewoman full of Difficulty in Child-birth, upon taking two ounces of *Vindex* mixt with an ounce of the tincture of Saffron, (which I keep alwayes in readiness of an Extraordinary vertue) instantly became a happy Mother. But towards the end of the Moneth, taking an Extreme Cold, was afflicted with violent Gripings, and Faintings, that they could hardly keep life in her, so that she was fain to take in a little space four ounces of *Vindex*, and as much *Stella*, which soon eas'd her, and after those, half a pint of *Radix*, slowly used, perfected her health.

72. Ano-

72. Another young Gentlewoman, full of difficulty with her first Child-birth, found also present help by the last mentioned Cordial in like occasions; and indeed, by long and large Experience, stands as an undoubted assistant in all such cases; This Child also proving somewhat sickly, and sometime Dangerously, hath never failed of speedy remedy, by *Radix, Salus, Succus* mixt with *Refugium*, when fits appeared, and so is confirmed, that both for her self, and husband, and friends, as far as she can perswade with them, these Medicines are solely depended on; and this not only because of these Successes, but when before Marriage she lived in much perplexity about the Small-pox, after she once understood the almost certainty of recovery by my Medicines, she cast all fear away, and not much shunning the infection, as she used to do, had them, but using timely *Salus vite*, was not sick at all (so much difference is there between fear and not fear) and was well instantly. Then

when being with child, a bleeding took her, somewhat threatning; and othertimes fear of miscarriage, having recourse to these, she became soon quit of her Distempers; So this proves another Testimony, of their fitness to be Established, *Physick for Families.*

73. A Gentleman well seen in my Medicines, comes hastily to me for a child Exceedingly troubled with Convulsion fits, so as there was very small hope of life, and said I, you will have me Engage, and so the Death of it (by those that will neither understand you nor me) shall be imputed to what I sent, but he would have no denial, so I sent two ounces of *Succus* mixt with an ounce of *Refugium*, which given to the child by spoonful and spoonful at near an hours Distance, so prevailed, that the Child recovered, and had never any fit after it.

74. A Gentleman and no stranger to Physick, nor to my way, his Wife being Exceedingly and often afflicted with Mother fits, and being to take a
long

long journey, gave her a pint of *Refugium*, for her relief in case of extremity ; And he told me afterwards, she thought it saved her life.

75. A very young Child, extremely Feverish with a Cough, and brought so low, that it was thought to be an *Hectick*, and that there was small hopes of its life, by the use of *Salus Vitæ*, as half a spoonful every hour, the Child at last had a large very black stool, and thereupon perfectly recovered : The Parents had in the whole a Pint, but whether the Child took it all or no, I am not certain ; but if it did, it was very safe, and the cost not exceeding 8 s. was but small.

76. A Gentlewoman about 40, being extremely out of order with pains in her head, and vapours, as quite destroyed her stomach, and made her almost blind, and stupidly senseless, and abundantly the worse for tampering with Physick ; but by the sole help of small quantities of *Refugium Vitæ*, frequently taken day and night, she speedily
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and perfectly recovered ; and so much to her wonder, that now she will hear of no other Physick for her friends and Family but these Medicines.

77. A Gentleman so sore with Piles, that he could hardly go, or stand, or sit, by taking every night, for a short time, two ounces of *Vindex Naturæ*, perfectly recovered.

78. A Gentleman near 40, troubled with perpetual head-ach, and weakness of the stomach, that he could hardly pass about his occasions, by the use of one quart of *Sanguis*, was soon brought into healthful condition.

79. A Gentleman between 30 and 40, being under a Chirurgions hands for an extreme Inflammation in his arm, a Brother of his observing how much he droopt in his spirits, well knowing the safety and virtue of *Salus*, gave him half a pint, which in short time he took, and found so much relief, both as to his Spirits and Inflammation, that he thought it much expedited his cure, if not saved his life : But this unknown
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to his Surgeon, who generally are so set in their way, that they will not admit themselves the liberty of so much as supposing any thing can be helpful in their undertakings, but what they are brought up in, and accustomed unto, though its thought they have as much need as the Physicians (who God knows have need too much) to enlarge their quarters, and encrease their contributions, of at least such safe Assistants as these have every way improved themselves.

80. A Sea Captain, being much encouraged by one who had great experience of my Medicines, took a large quantity for his Voyage, of several sorts, and divers of them of the highest prizes, as 8 s. and 12 s. the pint, which fell out very happily for him, the place where he arrived being a very hot Climate, and at that time extremely afflicted with the Calenture, insomuch that whatsoever good he might do for others, with great joy he ascribeth his own preservation from that threatening
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and mortal Distemper under God, to their assistance. And being askt how they kept in so hot a Countrey, he said, every whit as good as at first; which being a further confirmation of their durable qualities, still proves them as fit for Sea as for Land; as useful in Foreign Countries as our own; and for persons travelling every way, as for fixed and settled Families.

Very many more instances, I could have added; and had done it; but that I conceive these well considered may suffice for instruction to any, in the use of my Medicines, both what, and what quantities, and at what times, to give or take any of them; and if any difficulty shall arise, I shall be alwaies ready by word, or letter, to contribute my best counsel and assistance.

And do presume, that by these also it will manifestly appear (what was thought impossible) that where such benigne and powerful Medicines as these are in being and repute, there is no necessity nor need at all to trouble
Pati-

Patients with the long doted-on-help of Purgers, vomiters, bleedings, issues, glisters, blisters, Opium; Antimony, and Quicksilver, for though sometimes there may be a shadow of good from some of them, yet are they generally attended with so many evil accidents, and pernicious consequences; and at best are so full of uncertainty and disturbance to the sick, that hardly any distemper can either be more tedious, or more threatning, scarce any one falling ill, though never so much pained, grip'd and tormented with sickness, but presently the turmoile and hazard of a glister must be under gone, then bleeding, and soon after that a purge, a vomit, a sweat, nauseous and loathsome, Decoctions, Apozems, fulsome Cordials, and insipid Juleps, and those over and over repeated, with sharp and painful blisters, and where matters are difficult, both Opium, Antimony, and Quicksilvered preparations, are taken into service, and all these too often repeated: and though

though failing never so often, yet other course than this, hath not been provided for distressed Patients, till by the happy access of these Medicines, which in reason ought to be look'd upon, and thankfully entertained.

Which prompts me to conclude with this farther advise :

That every one who approves of this way, will deem it of great convenience, to have some of these Medicines always in readiness, what ever occasion may befall ; nothing being of more hopeful importance towards a speedy and unchargeable recovery, than to give or take something of a benign and powerful Nature, as soon as ever any illness appeareth.

And to be sure not to be over perswaded or deluded by what may hold some resemblance with these Medicines ; partly in colour, and partly in taste, which yet may as much differ in their effects, as thieves from true men, and as dangerous to take in times of sickness, as is the help of dissolute persons

sons in times of trouble.

Therefore as it is requisite at all times to be seriously careful what you admit into your bodies, so more especially in the first appearance of a distemper. A good beginning being generally the happy preface to a good and comfortable conclusion.

And, as this counsel, well taken may be of continual advantage in all times, so more especially *in times Contagious* (which God avert) when Visits of Friends and Physicians are rendered dangerous; the Medicines here proposed, being not only most proper and powerful, but so easily managed either by the sick themselves, or any that attend them, that they may with comfort and much certainty partake the benefit thereof to their preservation and Recovery, without hazard to any. And is a consideration of great importance to all, whose Offices, Employments, and Occasions deny their absence from Infectious places in those dismal times; many
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in the last great Mortality, under God, ascribing their freedom from Infection, and divers, their Recovery out of that threatening Distemper, to the prevalency of these benign and powerful Medicines, observing the directions before expressed under the Titles of *Salus Vita*, *Sanguis Vita*, *Radix Vita*, *Vita Natura*, *Vindex Natura*, *Athleta Natura*, as most effectual Extinguishers of Pestilential venoms.

These Medicines are to be had at the Corner house of *Finsbury*, up the High-way from *More-gate*, at the upper end of little *Morefields*.



